

Emotional Wellness Habit Tracker

Track your 7 emotional well-being habits daily for a healthier you

Start Date: July 20, 2025

1. Emotional Check-ins

Mon Tue Wed Thu Fri Sat Sun

2. Prioritize Sleep

Mon Tue Wed Thu Fri Sat Sun

3. Journaling

Mon Tue Wed Thu Fri Sat Sun

4. Micro-Connections

Mon Tue Wed Thu Fri Sat Sun

5. Grounding Ritual

Mon Tue Wed Thu Fri Sat Sun

6. Reframe Negative Self-Talk

Mon Tue Wed Thu Fri Sat Sun

7. Daily Intentions

Mon Tue Wed Thu Fri Sat Sun

Tip: Start with 1 or 2 habits and build your rhythm gradually. Consistency over perfection!