

Guidance Notes - Daily Wellbeing Journal – CBTEACH®

NOTE: - The information contained in these guidance notes and the daily wellbeing journal template is not medical advice, inferred or otherwise. Always seek guidance from your GP or qualified medical professional.

Printing Instructions A4 double sided (select flip on short edge if available).

Folding Instructions Fold 3 times using the small shapes. First circle to circle, then triangle to triangle and finally square to square.

HOW TO USE IT

Connect – Write names of people to connect with. Use the check box to see if you have.

Be – State a daily mantra, for example “I will not be judgmental towards myself”. Also write things to do just for yourself. For example, bake a cake, do your hair, watch the game.

Timeout – How much sleep did you get last night and how good was it? How many timeouts do you want today? This doesn’t have to be doing nothing, but it can be. It’s about rest and recovery when you need it. Then check how you did?

Eating – 3 tick boxes to track meals, plus another for healthy snacks. Also, a table for what you want to eat or avoid. Maybe today is a kale and beetroot day, but no carbs.

Active – Have you been sitting a lot? Did you get fresh air? List any activities. A walk, gym session or extra stair climbing. Set a goal or capture what you did.

Create – Set daily goals or capture completed tasks. For example, puzzles, sketching, knitting, sudoku, playing an instrument.

Habits – Write a habit that works for you, “Today I planned to take the dog out”, and then check if you did or didn’t. Don’t worry, habits form over time not instantly! Is this habit getting easier? No? Don’t give up, keep going!

Cause, Thoughts, Actions, Consequences – List recent stressors, thoughts you have, things you did, and any consequences. It can be helpful to connect actions with consequences using arrows if linked.

Beliefs – Any new or reinforced beliefs that you may want to reflect on? Or any beliefs that have been challenged or you wish to challenge?

Emotions – Tick any emotions you feel. Emotions aren’t exact, so pick ones that feel right and as many as you want. There is no wrong answer!

Health – Check in with how you feel physically, mentally and emotionally each day. Positive or negative? Tomorrow is a new day!