WEEKLY

wellness planner

BY AIYLA



A guide to help you craft your week with mindfulness and intent

HEY THERE!

I'm Aiyla, your companion on this enlightening path. I am thrilled to accompany you on this empowering voyage toward self-discovery, balance, and holistic wellness.

This planner is designed as a guide to cultivating mindfulness and structured intentionality throughout your weeks, enhancing your physical, emotional, and mental well-being.

Aiyla

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contents

01. Set Weekly Intentions

Reflect on a theme or feeling you'd like to guide your week and jot it down.

02. SMART Goals Mapping

Outline some tangible, wellness-centered goals for your week.

03. Daily Check-In

Each evening, take a moment to reflect on your day, noting down your activities, joys, and challenges.

04. Self-Care & Relaxation

Keep track of your dedicated self-care moments through the week.

05. Weekly Reflections

At week's end, spend time reviewing, celebrating wins, and recognizing lessons.

WEEKLY INTENTIONS
and goals

WEEKLY INTENTIONS:

Intentions are the soft whispers of our soul, gently guiding us toward our true north. Let's hold space for these tender echoes, allowing them to shape our actions and choices in the upcoming week.

List down what feels true and meaningful - perhaps kindness, presence, or courage. Allow your intentions to be light bearers, gently illuminating your path.

GOALS:

Goals are gentle milestones that guide us toward our dreams, not with urgency, but gentle consistency. On the following page, we will set some SMART goals for the week ahead. These goals can relate to your wellness journey, personal growth, or professional development.

Remember, every step, no matter its size, is a beautiful progression toward your desires.

SMART GOALS MAPPING

Concrete goals are your wellness milestones.
Let's set goals that are SMART:

S	Specific: Clear and concise.
M	Measurable: Quantifiable to track progress.
A	Achievable: Attainable to remain motivating.
R	Relevant: Aligned with your larger wellness vision.
T	Time-bound: Encased within a timeframe.

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.

DAILY CHECK IN

TODAY'S FOCUS

What's your core focus today? Whether it's embracing calm, tackling a specific task, or practicing gratitude, define your focal point to navigate your day with clarity.

MOOD & ENERGY LEVELS

Honor your emotions and energy without judgment. How did you feel today? Was your energy ebullient, serene, or perhaps a little low? All are valid and embraced here.

PHYSICAL ACTIVITY AND NUTRITION LOGS

Your body is your temple. Record your physical activities and nourishment without critique, using this log as a gentle guide, not a rigid rulebook.

JOYFUL MOMENTS AND CHALLENGES

Celebrate every sparkle of joy and acknowledge every hurdle. By recognizing both, we honor our journey's full spectrum, learning and growing through every step.

SELF-CARE & RELAXATION

Crafting Moments of Self-Love

SELF-CARE GUIDE:

Self-care isn't an act but a loving commitment to oneself. How did you cherish yourself this week? Recall moments where you paused and gifted yourself time – a tranquil bath, a leisurely walk, or simply a pause amidst the rush. Your acts of self-care are a beautiful ode to your being, a soft whisper that echoes, 'I am important.'

Pen down your self-care moments and if you found yourself racing past them, gift yourself a pause now. Breathe, you are cherished.

RELAXATION TECHNIQUES:

Relaxation is not an escape but a gentle return to our serene core. Did you explore any relaxation techniques this week - perhaps mindful breathing, gentle yoga, or mindful walks? Document them here and notice how your body and mind responded to them. If not, that's perfectly fine. Consider jotting down one method you'd like to explore in the upcoming week.

SELF-CARE CHECKLIST

Self-care isn't an act but a loving commitment to oneself.
How did you cherish yourself this week?

- [ ] Take a long bath
- [ ] Read for pleasure
- [ ] Go for a long walk
- [ ] Practice mindful meditation
- [ ] Journal your thoughts
- [ ] Try gentle yoga
- [ ] Cook a nourishing meal
- [ ] Visit a museum or gallery
- [ ] Gardening
- [ ] Paint or draw
- [ ] Engage in a hobby
- [ ] Listen to your favorite music
- [ ] Spend time with a loved one
- [ ] Watch a light-hearted movie
- [ ] Pamper yourself
- [ ] Take a short nap
- [ ] Go for a swim
- [ ] Practice gratitude
- [ ] Attend a workshop or class
- [ ] Explore a new place

Weekly Reflection & Gratitude Journal

REFLECTIONS:

Reflection is a window to observing our growth and understanding our challenges. As we stand at the week's end, let's glance back, not with judgment, but with love and observation. Celebrate your victories, however small they might seem, and acknowledge the hurdles with compassion.

What worked? What felt challenging? Pen down without self-critique, and let these words be your gentle guide toward understanding and evolving on this journey.

GRATITUDE JOURNAL:

Gratitude is a gentle anchor in our moments of chaos and serenity alike. List down three things or moments from this week that sparked a flutter of thankfulness in your heart. It could be a peaceful cup of tea, a warm hug, a moment of clarity, or simply being here, in this moment. Every spark is significant, every gratitude, monumental.

WEEKLY REFLECTIONS

WINS OF THE WEEK

Celebrate your achievements, however small they might be:

CHALLENGES ENCOUNTERED

Acknowledge any struggles or bottlenecks you faced:

LESSONS LEARNED

Identify learnings that can be carried forward:

NEXT WEEK'S PRELIMINARY THOUGHTS

Write down any early ideas or focus points for the upcoming week:

PLANNING AHEAD & NOTES

Charting your upcoming wellness voyage

PLANNING AHEAD:

The beauty of planning isn't in stringent schedules but in gently laying a path that guides, not dictates. As we peek into the upcoming week, let's sketch a gentle map. Consider your intentions, goals, and self-care moments that you'd like to weave into your days. Remember, these aren't rigid but flexible, ever-adapting to your journey's ebb and flow.

NOTES:

Your journey is uniquely yours, and every thought, every reflection, is a precious bead in your wellness necklace. Utilize this space to jot down any additional thoughts, feelings, or observations that fluttered through your being this week. Every word is a step toward deeper self-understanding and every reflection, a jewel in your mindful living journey.

LET'S WORK TOGETHER

Your wellness journey is uniquely yours, a beautiful unfolding of self-discovery. If you feel called to dive deeper, to explore further into your well-being and mindfulness, consider joining me in a personalized wellness coaching session. Together, we can navigate through your unique path, exploring with curiosity and unfolding each layer of your wellness journey with kindness and understanding. Your story is waiting to be unearthed, and I am here, ready to walk alongside you in every step of this transformative expedition. Let's journey together.

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