



THE JOYRIDE 30 DAYS OF WELLNESS

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Planner



7 DAY WELLNESS FIRST TRACKER

WHAT ARE THE TOP THREE THINGS
YOU NEED TO DO, PRACTICE OR PAY ATTENTION TO
IN ORDER TO FEEL AND STAY WELL?

1

2

3

Track them on the next page

SUGGESTIONS FOR PRACTICES YOU COULD TRACK

Getting 8 hours sleep
Drinking 5 glasses of water
Listen to a guided meditation
Move my body
Do something outside

7 DAY WELLNESS FIRST TRACKER



PRACTICE	MON	TUES	WED	THURS	FRI	SAT	SUN

30 DAY PLAN

What would you like to have improved upon or accomplished at the end of 30 days?
If this is currently out of your control, what is the smallest version
of that within your control or influence?

What do you need to commit to in order to make that happen?

What do you need to organize or arrange to be able to follow through on this?

30 DAY PLAN



What resources can you draw on to support your vision, learning and practice?

Now thinking forward to the next 7 days, how do you need to arrange your days to make time for this? Use the weekly planner to schedule time in now.

WEEKLY ACTIVITY PLANNER



MY FOCUS FOR THIS WEEK IS:

	WHERE: (Home, Arena, Trail)	WHAT: (Ride, Study, Groundwork)	HOW: (Method, Practise, Mode)	WHY: (Reason, Need, Purpose)	TODAY'S OUTCOME Comments, Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK SUMMARY

Celebrate your wins,
Make notes for anything you
could change and identify
a path for next weeks focus.

DAILY CHECK IN

MORNING

Today's Intention:

One thing I can find joy in today is:

If I could choose one word to describe the person I want to be today, it would be:

What do I need today?

A situation today that could cause me stress, anxiety or upset might be:

And the best way to deal with that would be...

I feel appreciation for...

One thing I could do today to spread love, kindness or appreciation to someone else would be...

DAILY CHECK IN



EVENING

Today, I appreciated...

Today I learned....

Something that would have made the day more easeful
that I would like to remember for tomorrow is...