

Journal de bien-être



Début de la semaine:

LUNDI	Ce que je ressens aujourd'hui _____ _____ _____	Ce que j'ai fait aujourd'hui _____ _____ _____	Notes: _____ _____ _____
MARDI	What I have felt today: _____ _____ _____	What I have done today: _____ _____ _____	Notes: _____ _____ _____
MERCREDI	What I have felt today: _____ _____ _____	What I have done today: _____ _____ _____	Notes: _____ _____ _____
JEUDI	What I have felt today: _____ _____ _____	What I have done today: _____ _____ _____	Notes: _____ _____ _____
 VENDREDI	What I have felt today: _____ _____ _____	What I have done today: _____ _____ _____	Notes: _____ _____ _____
SAMEDI	What I have felt today: _____ _____ _____	What I have done today: _____ _____ _____	Notes: _____ _____ _____
DIMANCHE	What I have felt today: _____ _____ _____	What I have done today: _____ _____ _____	Notes: _____ _____ _____