

# **Mindful Tranquility: A Stress Journal**

# TABLE OF CONTENTS

2024 CALENDAR

5 MINUTE  
JOURNALING

ANXIETY TRACKER

PRODUCTIVITY  
PLANNER

STRESS TRIGGERS

EVALUATE  
STRESSORS

WEEKLY PLANNER

MONTHLY  
REFLECTION

HABIT TRACKER

STRESS LEVEL  
TRACKER

JOURNAL PROMPT

STRESS  
PROCESSING

# 2024 CALENDAR

## JANUARY

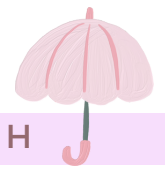


S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

## MARCH



S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## APRIL



S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## MAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## JUNE



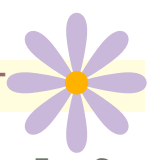
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## JULY



S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## AUGUST



S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## OCTOBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## NOVEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## DECEMBER



S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



STRESS LESS, LIVE MORE: A  
GUIDED JOURNAL FOR  
RELAXATION

DATE: \_\_\_\_\_

# 5 MINUTE JOURNALING

## 3 THINGS I AM GRATEFUL FOR

---

1

---

2

---

3

---

## 3 MINI GOALS FOR MAKING TODAY GREAT

---

1

---

2

---

3

---

## MY AFFIRMATION FOR TODAY

## 3 AWESOME THINGS HAPPENED TODAY

---

1

---

2

---

3

---

## HOW COULD I HAVE MADE MY DAY BETTER

## WHAT AM I LOOKING FORWARD FOR TOMORROW?

DATE: \_\_\_\_\_

# PRODUCTIVITY PLANNER

S M T W T F S

## TODAY'S FOCUS

- 06:00 \_\_\_\_\_
- 07:00 \_\_\_\_\_
- 08:00 \_\_\_\_\_
- 09:00 \_\_\_\_\_
- 10:00 \_\_\_\_\_
- 11:00 \_\_\_\_\_
- 12:00 \_\_\_\_\_
- 13:00 \_\_\_\_\_
- 14:00 \_\_\_\_\_
- 15:00 \_\_\_\_\_
- 16:00 \_\_\_\_\_
- 17:00 \_\_\_\_\_
- 18:00 \_\_\_\_\_
- 19:00 \_\_\_\_\_
- 20:00 \_\_\_\_\_
- 21:00 \_\_\_\_\_
- 22:00 \_\_\_\_\_
- 23:00 \_\_\_\_\_

## MY TOP PRIORITIES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WRITE YOUR TOP THREE GOALS FOR THE DAY.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TODAY'S MOOD



## TODAY'S GOALS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NOTES

---



---



---



# ANXIETY TRACKER

DATE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

**NOT  
ANXIOUS**

**A LITTLE  
ANXIOUS**

**SOMEWHAT  
ANXIOUS**

**PRETIY  
ANXIOUS**

**VERY  
ANXIOUS**

**EXTREMELY  
ANXIOUS**

# STRESS TRIGGERS

Name your stress triggers



# WEEKLY PLANNER

WEEK \_\_\_\_\_

MON \_\_\_\_\_

TUE \_\_\_\_\_

WED \_\_\_\_\_

THU \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

### PRIORITY OF THE WEEK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WATER INTAKE


  
 1L                      2L                      3L

### TO CALL / TO EMAIL

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### APPOINTMENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

DATE: \_\_\_\_\_

# MONTHLY REFLECTION

## Things that made me happy this week

12 horizontal rectangular boxes for writing reflections, each with a light pink background and a thin black border.








# STRESS LEVEL TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

DATE: \_\_\_\_\_

### Stress Level

-  1
-  2
-  3
-  4
-  5

# STRESS PROCESSING

Describe the Stressful Event

What are your Thoughts Related to the Event

Things That Can Help You Reduce Stress

Evidence Supportive of Thought

Evidence Unsupportive of Thought

Is it Controllable Stressor

Is it uncontrollable Stressor

# JOURNAL PROMPT

























































































































