

THRIVE Weekly Journal & Checklist

Your intentional guide to living well in mind, body, spirit, and community.

Weekly Intention

What is your focus or theme this week?

→ _____
→ _____

Mind: Clear, Calm, and Focused

- Did I practice gratitude daily?
- Did I journal my thoughts or release overthinking?
- Did I allow myself a fresh start where needed?
- Did I romanticize the small moments?

Mind Reflection:

- What thoughts or ideas are taking up space?
→ _____
- How did I quiet my mind this week?
→ _____

Body: Nourished and Rested

- Did I follow a morning or evening routine?
- Did I slow down when needed instead of forcing productivity?
- Did I protect my energy with healthy boundaries?
- Did I move my body in a way that felt good?

Body Reflection:

- How did I feel physically this week?
→ _____
- What do I want to improve for next week?
→ _____

Spirit: Centered and Grounded

- Did I create moments of stillness (prayer, meditation, or silence)?
- Did I trust the journey and release what I can't control?
- Did I check in with my purpose or spiritual growth?
- Did I rest intentionally and honor my need for peace?

Spirit Reflection:

- What is bringing me peace right now?
→ _____

- What do I need to surrender?

→ _____

Connection: Aligned and Authentic

- Did I communicate my needs clearly?
- Did I set boundaries without guilt?
- Did I show up for my community or relationships?
- Did I practice small acts of kindness?

Connection Reflection:

- Who or what made me feel most connected this week?

→ _____

- Where do I need more support?

→ _____

Weekly Reset Checklist

- Declutter my physical space
- Revisit or refresh my goals
- Prioritize upcoming tasks
- Plan intentional rest
- Choose 1 area to give extra love next week

Gratitude Corner

List 3 things you're grateful for right now:

Next Week's Focus:

What do I want to bring into next week?

→ _____