

FAITH, WELLNESS & INTENTION Tracker



THIS 2025, I'M THANKFUL FOR

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2025 LESSONS GOD PLACED IN MY HEART:

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Create in me a clean heart, O God, and renew a right spirit within me. - Psalm 51:10

2025 WELLNESS WINS:

Physically:	<hr/>
Spiritually:	<hr/>
Mentally:	<hr/>
Emotionally:	<hr/>
Others:	<hr/>

2025 HEALTH CHALLENGES:

Physically:	<hr/>
Spiritually:	<hr/>
Mentally:	<hr/>
Emotionally:	<hr/>
Others:	<hr/>

PRAYER & REFLECTION

Dear Lord,

Thank You for carrying me through this past year – through every joy, lesson, and moment of growth.

As I step into a new season, I invite You into every part of my life.

Renew my mind.
Restore my body.
Strengthen my spirit.

Help me honor the body You've entrusted to me, care for my gut and my health with love, and choose peace over pressure.

Guide my thoughts, calm my heart, and lead me closer to You each day.

May Your grace be enough for me in every moment ahead.
Amen.

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2026 INTENTIONS

Ways I will nurture my BODY:

Ways I will nurture my SPIRIT:

Ways I will nurture my MIND:

Ways I will nurture my HEART:

Small habits I want to practice:

I will allow myself to:

I am now letting go of:

My anchor verse/affirmation for 2026:

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MY ANCHOR
VERSE/AFFIRMATION FOR 2026:



DRAW ANYTHING HERE

GUT WELLNESS CHECK -IN

Hydration ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did my digestion feel today?

☐ Calm ☐ A little off ☐ Sensitive ☐ Uncomfortable

Sleep quality:

☐ Restful ☐ Okay ☐ Restless

Whole foods / fiber today?

☐ Yes ☐ Some ☐ Not today

HOW'S MY ENERGY TODAY?

☐ Low ☐ Medium ☐ High

WHAT AM I FEELING TODAY?

☐ Peaceful ☐ Tired ☐ Neutral
☐ Stressed ☐ Anxious ☐ Happy
☐ Hopeful ☐ Sad ☐ Overwhelmed
☐ Angry ☐ Energetic ☐ Insecure
☐ Productive ☐ Lazy ☐ Relaxed

THEREFORE, IF ANYONE IS IN CHRIST,
THE NEW CREATION HAS COME:
THE OLD HAS GONE, THE NEW IS HERE!

CORINTHIANS 5:17

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