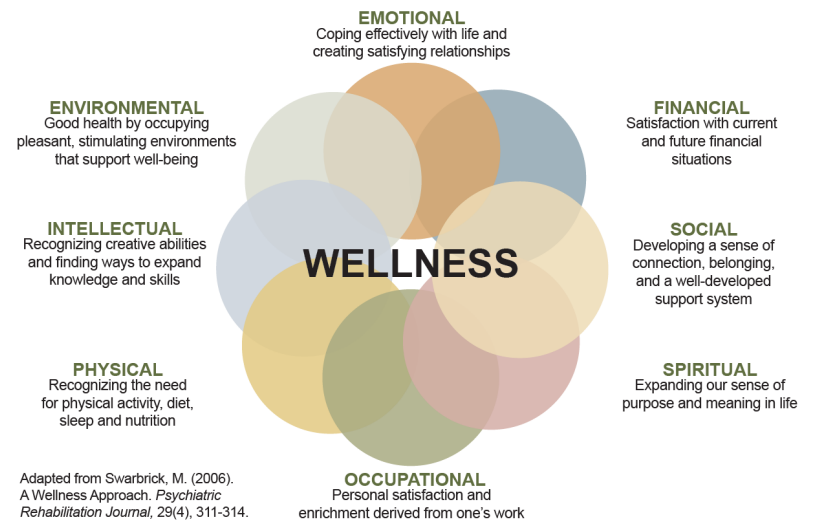




Intellectual Wellness Bullet Journal



Instructions: Use this journal to write down plans, action, goals, thoughts, frustrations and wins. This journal represents 1 month's worth of tracking. The sudoku puzzles on the last page are examples of activities that can increase your intellectual wellness. Other "mind growth" activities can be found at <https://www.puzzles.ca/sudoku/> and <https://www.merriam-webster.com/>.



Pine Technical &
Community College

My Wellness Bucket List

Environmental Wellness

- Grow your own vegetable garden
- Clean your closet
- DIY Home projects
- Ride your bike instead of driving
- Use reusable shopping/grocery bags

Financial Wellness

- Create a budget
- Use student discount / offer
- Speak to a financial advisor about financial goals
- Apply for a scholarship
- Organize and record finances

Social Wellness

- Plan a drive by celebration
- Video chat a family member/ friend
- Go to a drive-in movie theatre
- Have a picnic in the park
- Play online games with family and friends

Occupational Wellness

- Make a connection with colleague/industry of interest
- Check work/school emails at designated times
- Take a LinkedIn learning course
- Attend a Sheridan Career Hacks Virtual Event
- Schedule an appointment with a Career Counsellor

Physical Wellness

- Complete a fitness challenge
- Drink 1L of water
- Take a siesta
- Eat 1 fruit per day for a week
- Get out of bed before 9 am

Intellectual Wellness

- Pick up a new hobby
- Learn a foreign language
- Create a bullet journal
- Colour a picture
- Play a musical instrument

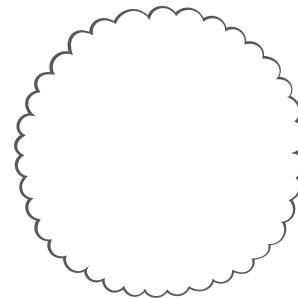
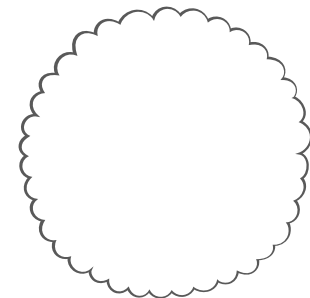
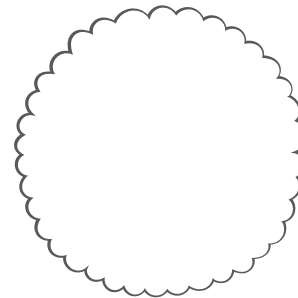
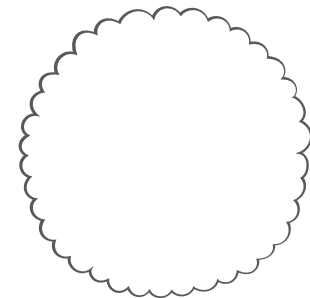
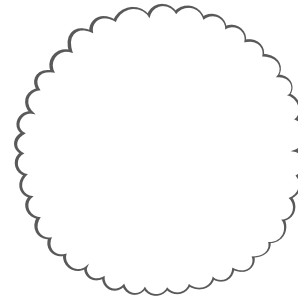
Emotional Wellness

- Meditate for 5 minutes
- Smile
- Send a letter of gratitude
- Find an inspirational quote/mantra
- Reach out to someone for support

Spiritual Wellness

- Attend an SSU yoga event
- Journal
- Set screen time restrictions
- Sign a petition for a cause
- Go on a trail walk

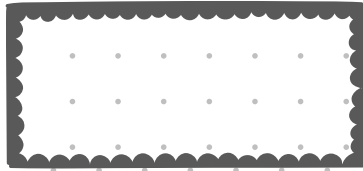
brain dump list



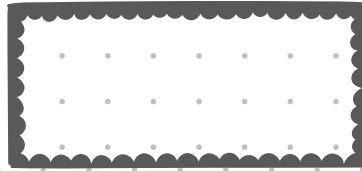
month in review

— BEST —

— WORST —



GOALS



MOOD

HABITS

SLEEP

			3	8			4
7	4			2			
	2	8	9		7	3	1
				3			
6				1		7	2
						9	4
1	6	9	2				
			6				8
	8		4				3

Sudoku

The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Solution

2	8	5	4	7	1	6	3	9
4	3	7	6	9	5	1	8	2
1	6	9	2	8	3	4	5	7
3	7	1	5	6	2	9	4	8
6	5	4	8	1	9	7	2	3
8	9	2	7	3	4	5	6	1
5	2	8	9	4	7	3	1	6
7	4	3	1	2	6	8	9	5
9	1	6	3	5	8	2	7	4

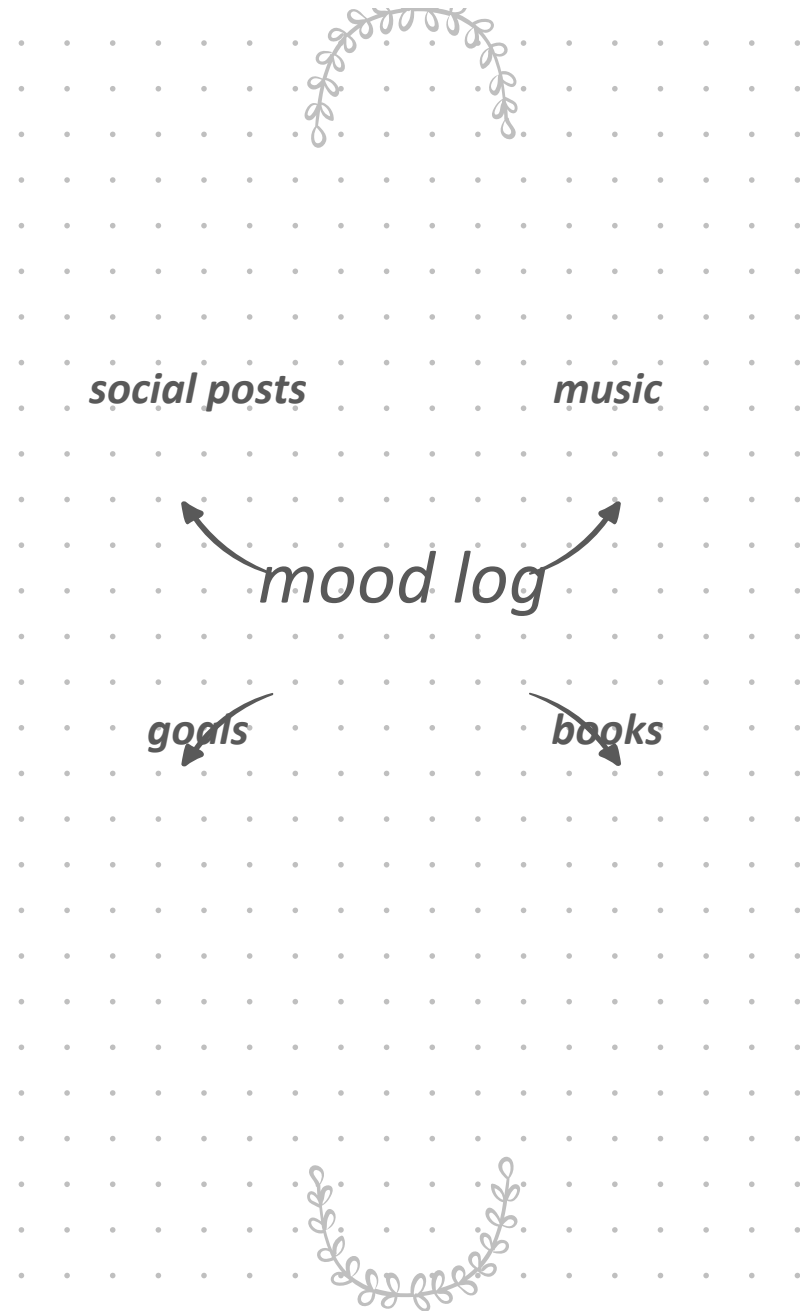
		2						
		9		8	7			
	8	1	5	4				9
	2	8					5	1
					2		9	
						7		
	6	7				1	2	4
								8
8	4	5					7	

Sudoku

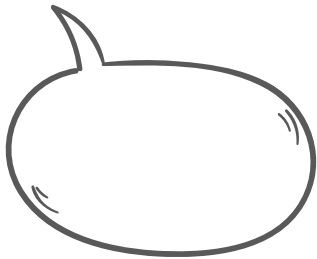
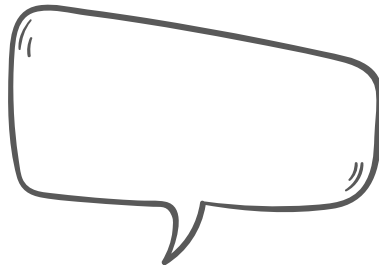
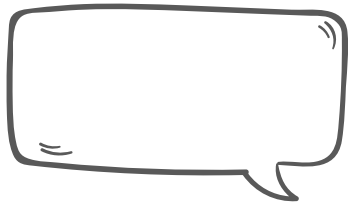
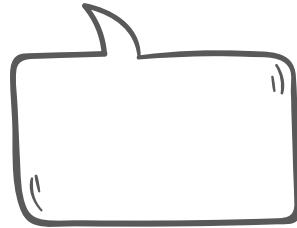
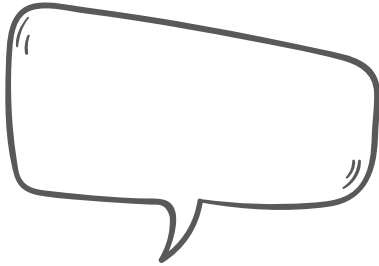
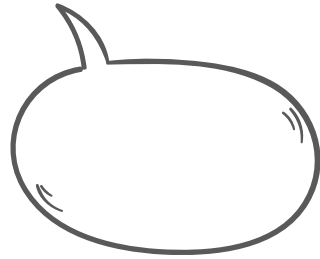
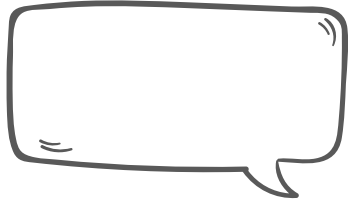
The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Solution

8	4	5	6	2	1	9	7	3
2	1	3	9	7	4	5	6	8
9	6	7	3	5	8	1	2	4
1	9	6	4	3	5	7	8	2
5	7	4	8	1	2	3	9	6
3	2	8	7	6	9	4	5	1
7	8	1	5	4	6	2	3	9
4	3	9	2	8	7	6	1	5
6	5	2	1	9	3	8	4	7



*thoughts to keep in
mind*



gratitude log

A large grid of dots for writing, with a pencil illustration at the bottom.