

Name:	Start Date:
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Use this tool to enhance your wellbeing by feeling more **content, fulfilled and supported** day by day. Take a moment to think back over your day, then mark the circle that fits best.

How content do I feel now with the day I've had?																																											
calm – at ease – peaceful																																											
Not	Somewhat	Very																																									
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How fulfilled do I feel at the end of the day today?																																											
purpose – growth – contributing – living my values – doing what matters																																											
Not	Somewhat	Very																																									
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How supported did I feel today?																																											
encouraged - valued – cared about – listened to																																											
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Wellbeing →		Good	6	○	○	○	○	○	○	<p><i>This chart is not designed to diagnose your wellbeing; rather, it's here to spur you on to new heights!</i></p>
			5	○	○	○	○	○	○	
		OK	4	○	○	○	○	○	○	
			3	○	○	○	○	○	○	
		Needs attention	2	○	○	○	○	○	○	
			1	○	○	○	○	○	○	
			0	○	○	○	○	○	○	
	Day →									
<div style="border: 1px solid black; display: inline-block; padding: 5px 20px;">Weekly Total:</div>										

*This paper version of this tool is free to use and share – but not alter. Users are solely responsible for their use of this tool. The creator, Gearóid Carey, assumes no responsibility for any consequences arising from its use. Gearóid Carey disclaims all liability for any damages or harm resulting from the use, reference to, or reliance on this tool. Children and adolescents should only use this tool under the supervision of a responsible adult, such as a parent or legal guardian. This tool is intended as a self-help resource. For the full disclaimer, visit [www.WellbeingTrackers.com](http://www.WellbeingTrackers.com)*

