THE SPIRITED LIFE

Alignment & Wellness Tracker

A gentle weekly practice for mind, body, and spirit

Hi, I'm Kimberly. I created this tracker to help you make room for what supports you. Begin with three small habits, notice how they fit your life, and adjust with kindness.

01 Choose your direction

This week, I want to make more room for:

This matters to me because:

02 Choose three small habits

BODY | Support your physical well-being

Prepare a nourishing lunch, take a comfortable walk, or begin a bedtime routine.

ALIGNMENT | Live what matters to you

Choose one priority, pause before saying yes, or protect a little quiet time.

SPIRIT | Make space for connection

Pray, journal, reflect outdoors, or notice a moment of gratitude.

Choose one habit from each area, or create your own. Be specific about the action and the days you plan to practice. A smaller step still counts.

For personal wellness education and reflection; not medical diagnosis or treatment.

My Weekly Practice

Print this page again whenever you begin a new week

Name: _____ Week beginning: _____

A | Body

My action: _____

Planned days: _____

B | Alignment

My action: _____

Planned days: _____

C | Spirit

My action: _____

Planned days: _____

Mark: check = done A = adjusted - = not done N = not planned

Day / date	Habit A	Habit B	Habit C	Feeling*	Brief note
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*Optional: one word about how you feel. No score is required.

Reflect & Adjust

A few quiet minutes at the end of your week

One small win I want to acknowledge:

What helped me follow through?

What made these habits difficult?

What will I keep, simplify, or change next week?

On a difficult day, my smaller step will be:

You don't have to figure it all out alone.

If you would like personalized support with your wellness and personal alignment, explore online sessions and mentorship with Kimberly.

Explore working together at kimberlyray.com