

# WELLNESS WEEKLY PLAYBOOK

SUCCESS IS THE PRODUCT OF DAILY HABITS, NOT ONCE-IN-A-LIFETIME TRANSFORMATIONS

The Wellness Journal is built on the compound effect of small improvements. Improving by just 1% every day results in becoming 37x better by the end of the year. This playbook is your tool to track, measure, and ensure that 1% growth across every dimension of your life.

The Wellness Journal is built on the compound effect of small improvements. Improving by just 1% every day results in becoming 37x better by the end of the year. This playbook is your tool to track, measure, and ensure that 1% growth across every area of your life — physically, mentally, emotionally, and spiritually.

At the heart of sustainable growth is **gratitude** – the conscious practice of recognizing and appreciating what already exists in your life. Gratitude shifts your focus from scarcity to abundance. It strengthens resilience, elevates emotional wellbeing, and rewires your brain to notice progress instead of perfection. When you celebrate small wins daily, you fuel the momentum required for lasting transformation.

Aligned with gratitude is the power of **manifestation** – the intentional process of turning thoughts, beliefs, and aligned actions into reality. Manifestation is not wishful thinking, it is clarity plus consistency. When you define what you want, believe it is possible, and take 1% aligned action every day, you begin to embody the version of yourself capable of creating that reality.

Small shifts. Daily action. Intentional growth.

## HOW TO USE

### DAILY JOURNALING

Start and end your day with intention using the Daily Journal template

### WEEKLY TRACKING

Use the 7 dedicated aspect trackers to monitor specific metrics and rate your daily performance

### THE REVIEW

Complete the Weekly Review every Sunday to strike off your checklist and set the next 1% goal

## THE SIX PILLARS

NUTRITION • Nourishing your body with whole foods	SLEEP • Restorative rest and recovery	SPACE • Environment and surroundings
MOVEMENT • Physical activity and strength	STRESS • Managing stress and building resilience	RELATIONSHIPS • Meaningful connections

JOURNAL & DREAMS    TRACKERS    REVIEW

# DAILY JOURNAL

Week of: .....

**MONDAY** Date: .....

## Today's Intention Word:

## GRATITUDE PRACTICE

• Yesterday •	• Today •	• Tomorrow •
<i>What am I grateful for from yesterday?</i>	<i>What am I grateful for right now?</i>	<i>What will I be grateful for as if it has already happened?</i>
.....	.....	.....
.....	.....	.....

**Celebrating My Success:** One meaning thing I'll be glad to complete today

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## MANIFESTING FOR MY HIGHEST GOOD

Write your future state as if it has already happened

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How does it feel? As if it has already happened

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# DAILY JOURNAL

Week of: .....

TUESDAY Date: .....

## Today's Intention Word:

## GRATITUDE PRACTICE

• Yesterday •	• Today •	• Tomorrow •
<i>What am I grateful for from yesterday?</i>	<i>What am I grateful for right now?</i>	<i>What will I be grateful for as if it has already happened?</i>
.....	.....	.....
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# DAILY JOURNAL

Week of: .....

WEDNESDAY Date: .....

## Today's Intention Word:

## GRATITUDE PRACTICE

• Yesterday •	• Today •	• Tomorrow •
<i>What am I grateful for from yesterday?</i>	<i>What am I grateful for right now?</i>	<i>What will I be grateful for as if it has already happened?</i>
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## MANIFESTING FOR MY HIGHEST GOOD

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# DAILY JOURNAL

Week of: .....

THURSDAY Date: .....

## Today's Intention Word:

## GRATITUDE PRACTICE

• Yesterday •	• Today •	• Tomorrow •
<i>What am I grateful for from yesterday?</i>	<i>What am I grateful for right now?</i>	<i>What will I be grateful for as if it has already happened?</i>
.....	.....	.....
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## MANIFESTING FOR MY HIGHEST GOOD

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# DAILY JOURNAL

Week of: .....

FRIDAY Date: .....

## Today's Intention Word:

## GRATITUDE PRACTICE

• Yesterday •	• Today •	• Tomorrow •
<i>What am I grateful for from yesterday?</i>	<i>What am I grateful for right now?</i>	<i>What will I be grateful for as if it has already happened?</i>
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## MANIFESTING FOR MY HIGHEST GOOD

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How does it feel? As if it has already happened

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# DAILY JOURNAL

Week of: .....

**SATURDAY** Date: .....

## Today's Intention Word:

## GRATITUDE PRACTICE

• Yesterday •	• Today •	• Tomorrow •
<i>What am I grateful for from yesterday?</i>	<i>What am I grateful for right now?</i>	<i>What will I be grateful for as if it has already happened?</i>
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## MANIFESTING FOR MY HIGHEST GOOD

Write your future state as if it has already happened

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How does it feel? As if it has already happened

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# DAILY JOURNAL

Week of: .....

**SUNDAY** Date: .....

### Today's Intention Word:

### GRATITUDE PRACTICE

• Yesterday •	• Today •	• Tomorrow •
<i>What am I grateful for from yesterday?</i>	<i>What am I grateful for right now?</i>	<i>What will I be grateful for as if it has already happened?</i>
.....	.....	.....
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### MANIFESTING FOR MY HIGHEST GOOD

Write your future state as if it has already happened

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How does it feel? As if it has already happened

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**SLEEP TRACKER** WEEKLY GOAL: \_\_\_\_\_

DAY	HOURS	QUALITY (1-10)	ENERGY (1-10)	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

What patterns did you notice? How can you improve by 1% next week?

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**STRESS TRACKER** WEEKLY GOAL: \_\_\_\_\_

DAY	LEVEL (1-10)	TRIGGERS	COPING STRATEGY	EFFECTIVENESS (1-10)
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

What patterns did you notice? How can you improve by 1% next week?

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## NUTRITION TRACKER WEEKLY GOAL: \_\_\_\_\_

DAY	MEAL QUALITY (1-10)	WATER INTAKE	ENERGY (1-10)	NOTES (HOW FOOD MADE YOU FEEL)
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

What patterns did you notice? How can you improve by 1% next week?

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## MOVEMENT TRACKER WEEKLY GOAL: \_\_\_\_\_

DAY	ACTIVITY TYPE	DURATION	INTENSITY (1-10)	HOW I FELT AFTER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

What patterns did you notice? How can you improve by 1% next week?

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**SLEEP TRACKER**   WEEKLY GOAL: \_\_\_\_\_

DAY	HOURS	QUALITY (1-10)	ENERGY (1-10)	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

What patterns did you notice? How can you improve by 1% next week?

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**STRESS TRACKER**   WEEKLY GOAL: \_\_\_\_\_

DAY	LEVEL (1-10)	TRIGGERS	COPING STRATEGY	EFFECTIVENESS (1-10)
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

What patterns did you notice? How can you improve by 1% next week?

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## ENVIRONMENT TRACKER WEEKLY GOAL: \_\_\_\_\_

DAY	SPACE QUALITY (1-10)	ORGANIZATION TASKS	TIME IN NATURE	COMFORT (1-10)
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

What patterns did you notice? How can you improve by 1% next week?

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## RELATIONSHIPS TRACKER WEEKLY GOAL: \_\_\_\_\_

DAY	QUALITY TIME	MEANINGFUL CONNECTIONS	BOUNDARIES (1-10)	SATISFACTION (1-10)
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

What patterns did you notice? How can you improve by 1% next week?

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