

Personal Wellness Reflection Sheet

A guided self-reflection tool to support balance, awareness, and intentional living.

This reflection sheet is designed to help individuals consider broader lifestyle factors that support overall wellbeing. It encourages awareness rather than judgment and is provided for educational purposes only. It does not provide medical advice.

How to Use This Reflection Sheet

Responsible kratom use is best supported within the context of overall lifestyle balance. This worksheet encourages reflection on sleep, nutrition, stress, movement, and emotional wellbeing.

You may complete this sheet daily, weekly, or whenever you feel the need to reassess patterns. There is no required schedule. The purpose is awareness, not perfection.

Reflection Date

Date: _____

Sleep & Rest

Average hours of sleep: _____

Sleep quality: Poor Fair Good Excellent

Notes (optional):

Nutrition & Hydration

Have meals been consistent and balanced? Yes Somewhat No

Hydration level: Low Moderate Adequate

Notes (optional):

Movement & Physical Activity

Physical activity level: None Light Moderate Active

Type of activity (optional): _____

Notes (optional):

Stress & Emotional Wellbeing

Current stress level (1-5): _____

Overall mood today: Low Neutral Positive

Emotional notes (optional):

Kratom Use Reflection (Optional)

Did use feel intentional today? Yes Somewhat No Did not use

Did use align with your personal goals? Yes Somewhat No

Notes (optional):

Balance Check

Did you rely on multiple wellness tools today? Yes Somewhat No

Non-kratom wellness tools used (check all that apply):

Rest Movement Nutrition Mindfulness Social connection

Other: _____

Reflection Prompts

What supported balance today?

Is there anything you would like to adjust moving forward?

Responsible Use Reminder

Lifestyle balance supports long-term wellbeing. Kratom is best viewed as one part of a broader routine that includes rest, nourishment, movement, and stress management.

This worksheet is provided for educational and self-reflection purposes only and does not constitute medical advice. If you have concerns about your health or wellbeing, consult a qualified healthcare professional.