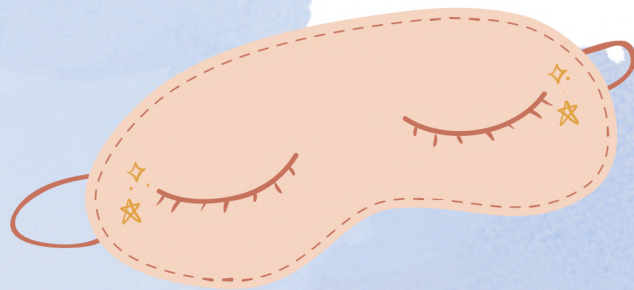


SELF CARE *Journal*

MY DAILY REMINDERS
TO TAKE CARE OF MYSELF





SELF CARE

Journal



SELF CARE



Checklist

To Do

M T W T F S S

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To Do

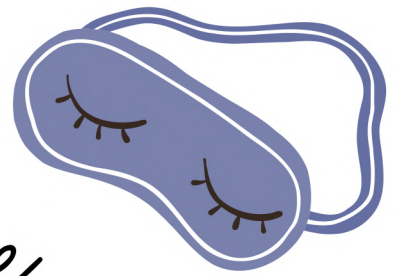
M T W T F S S

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DAILY Self Care



Date _____

♥ Things That Made Me Happy Today ♥



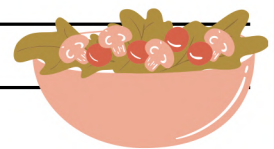
♥ Daily Nutrition ♥

Breakfast _____

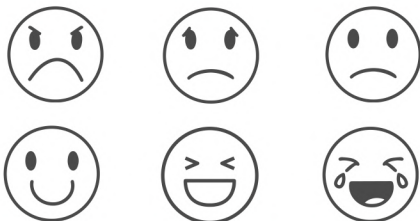
Lunch _____

Dinner _____

Snacks _____



♥ Today's Mood ♥



♥ Notes ♥

♥ Water Tracker ♥



MONTHLY REFLECTION

Journal

Date

♥ Highlights of the Month ♥

♥ Monthly Challenges ♥

♥ _____

♥ _____

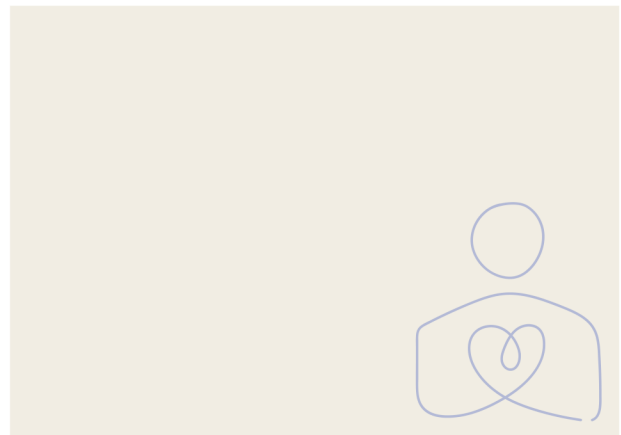
♥ _____

♥ _____

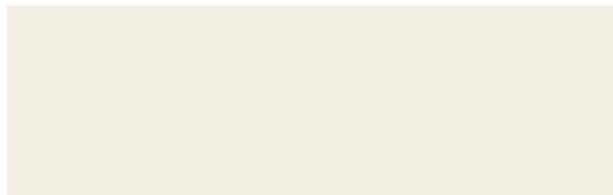
♥ _____

♥ _____

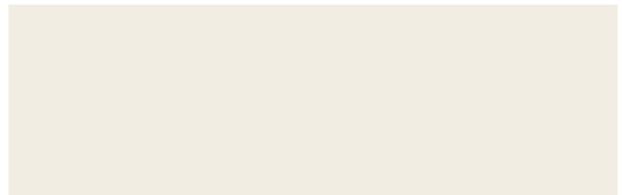
♥ Next Month Goals ♥



♥ To Improve ♥

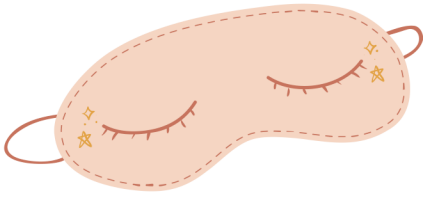


♥ To Look Forward To ♥



♥ How Will You Rate This Month? ♥

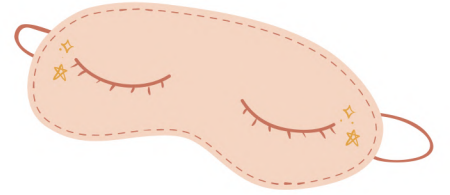




SLEEP *Tracker*

Month

Day	When I Slept	Duration	Napped	Quality
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				



SLEEP

Tracker

Month

Day	When I Slept	Duration	Napped	Quality
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

GRATITUDE

Reflection

Write down three things you are grateful for and explain why

Describe a moment when you felt truly present. What were you doing? How did it make you feel?

Create a positive affirmation for yourself and reflect on how it applies to your life right now

GRATITUDE

Reflection

List three things you appreciate about your body and its capabilities

How are you feeling mentally ? Write about your thoughts and emotions without judgment

What activities make you feel happy and fulfilled?

GRATITUDE

Reflection

Write a kind note to yourself, forgiving any recent mistakes and encouraging self-compassion

Reflect on your dreams and goals. What small step can you take towards one of them

What relaxation techniques work best for you? Write about how you can incorporate them more into your routine.

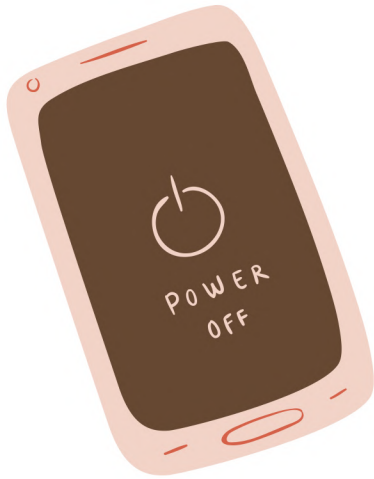
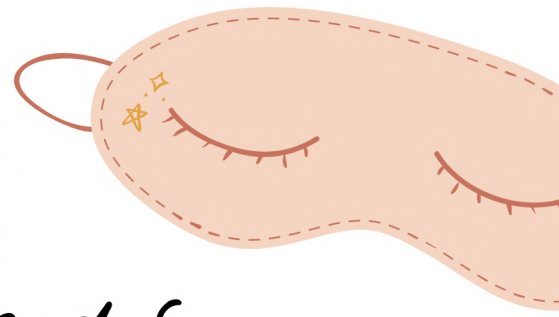
MOOD Tracker

Month



SELF CARE

Ideas



♥ Read a book ♥

♥ Get 8 hours sleep ♥

♥ Go for a 30 min walk ♥

♥ Cook a fresh meal ♥

♥ Take a shower ♥

♥ Write in my Gratitude journal ♥

♥ Unplug from social media ♥

♥ Listen to music ♥

♥ Take a Bath ♥

♥ Talk to a friend ♥

♥ Pause and take a breath ♥

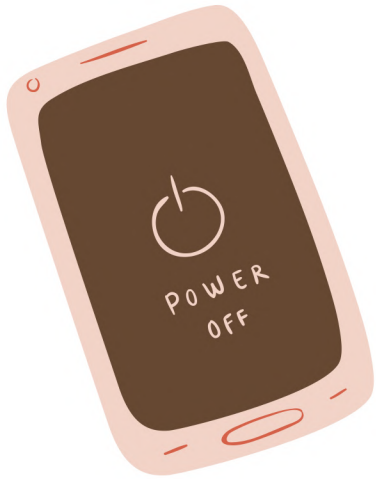
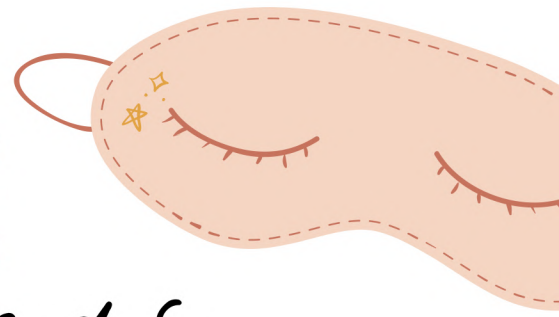
♥ Do a facemask ♥

♥ Catch up with family ♥



SELF CARE

Ideas



♥ Stay hydrated ♥

♥ Exercise ♥

♥ Meditate ♥

♥ Create a vision board ♥

♥ Light a candle ♥

♥ Watch a favourite movie ♥

♥ Do a puzzle ♥

♥ Do some gardening ♥

♥ Volunteering ♥

♥ Learn to say no ♥

