

# Self-Care Journal



# SELF-CARE GOALS & INTENTIONS

## WHAT SELF-CARE HABITS DO I WANT TO BUILD?

- ☐ REGULAR MOVEMENT/EXERCISE
- ☐ DRINKING ENOUGH WATER
- ☐ DAILY MINDFULNESS OR MEDITATION
- ☐ SETTING BOUNDARIES & SAYING NO
- ☐ PRIORITIZING REST & QUALITY SLEEP
- ☐ PRACTICING SELF-COMPASSION
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_


## WHAT OBSTACLES MIGHT I FACE?

 TIME CONSTRAINTS → CAN I SCHEDULE SELF-CARE LIKE AN APPOINTMENT?

 GUILT → HOW CAN I REMIND MYSELF THAT SELF-CARE ISN'T SELFISH?









 LACK OF MOTIVATION → WHAT SMALL STEPS CAN I TAKE ON LOW-ENERGY DAYS?

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## HOW WILL I HOLD MYSELF ACCOUNTABLE?

-  TRACKING PROGRESS IN MY JOURNAL
-  SETTING REMINDERS OR ALARMS
-  CELEBRATING SMALL WINS
-  ASKING A FRIEND TO CHECK IN ON ME
-  REWARDING MYSELF FOR CONSISTENCY
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

# EMOTIONAL WELLNESS CHECK-IN

## WHAT EMOTIONS AM I FEELING TODAY?

- ☐ HAPPY 😊 ☐ CALM 🌿 ☐ GRATEFUL 🙏 ☐ MOTIVATED 💪
- ☐ ANXIOUS 😟 ☐ OVERWHELMED 😓 ☐ SAD 😞 ☐ FRUSTRATED 😡
- ☐ OTHER: \_\_\_\_\_

## WHAT MIGHT BE CAUSING THESE FEELINGS?

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

## HOW CAN I NURTURE MYSELF TODAY?

- ☐ TAKE DEEP BREATHS & MEDITATE 🧘
- ☐ MOVE MY BODY (WALK, YOGA, DANCE) 🚶
- ☐ JOURNAL OR EXPRESS MY THOUGHTS 📝
- ☐ SET BOUNDARIES & SAY NO 🚫
- ☐ CONNECT WITH A FRIEND OR LOVED ONE ❤️
- ☐ REST & RECHARGE 😴
- ☐ OTHER: \_\_\_\_\_

## NOTES

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# SELF-LOVE & AFFIRMATIONS

 WRITE 3 THINGS YOU LOVE ABOUT YOURSELF:

1

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2

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3

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 KIND WORDS TO A FRIEND — NOW SAY THEM TO YOURSELF:

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 I AM WORTHY OF LOVE & HAPPINESS BECAUSE...

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NOTES

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# 💖 DAILY SELF-CARE TRACKER

## ☀️ MORNING CHECK-IN

🛏️ SLEEP QUALITY & DURATION:

😴 HOURS SLEPT: \_\_\_\_\_

★ QUALITY: ☐ POOR ☐ AVERAGE ☐ GOOD ☐ EXCELLENT

💧 HYDRATION: \_\_\_\_\_ GLASSES OF WATER

🥗 NUTRITION: (WHAT DID YOU EAT TODAY?)



🏃 MOVEMENT & EXERCISE: (TYPE & DURATION)



## 📊 MOOD & ENERGY LEVELS

😊 MORNING MOOD: ☐ LOW ☐ NEUTRAL ☐ GOOD ☐ GREAT

⚡ MORNING ENERGY: (1-10) \_\_\_\_\_

🌞 AFTERNOON MOOD: ☐ LOW ☐ NEUTRAL ☐ GOOD ☐ GREAT

⚡ AFTERNOON ENERGY: (1-10) \_\_\_\_\_

EVENING MOOD: ☐ LOW ☐ NEUTRAL ☐ GOOD ☐ GREAT

⚡ EVENING ENERGY: (1-10) \_\_\_\_\_

## 🦋 SELF-CARE ACTIVITIES

✓ EMOTIONAL SELF-CARE: (JOURNALING, MEDITATION, THERAPY, ETC.)



✓ PHYSICAL SELF-CARE: (SKINCARE, STRETCHING, BATH, ETC.)



✓ SOCIAL SELF-CARE: (CALLED A FRIEND, SET BOUNDARIES, ETC.)



✓ CREATIVE OR MENTAL SELF-CARE: (READING, HOBBIES, LEARNING, ETC.)





# GRATITUDE & POSITIVITY



## 3 THINGS I'M GRATEFUL FOR

1

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2

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3

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## A POSITIVE MOMENT FROM TODAY

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## SELF-LOVE AFFIRMATION

- ☐ I AM ENOUGH JUST AS I AM.
- ☐ I CHOOSE TO SEE THE GOOD IN MYSELF.
- ☐ I AM WORTHY OF LOVE AND HAPPINESS.
- ☐ I RADIATE CONFIDENCE AND POSITIVITY.
- ☐ OTHER: \_\_\_\_\_

## NOTES

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# PERSONAL GROWTH & REFLECTION

## WHAT'S ONE LESSON I'VE LEARNED RECENTLY?

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## WHAT MAKES ME FEEL FULFILLED?

- ☐ HELPING OTHERS OR MAKING A DIFFERENCE
- ☐ LEARNING NEW SKILLS OR KNOWLEDGE
- ☐ CREATIVE EXPRESSION (ART, MUSIC, WRITING, ETC.)
- ☐ MEANINGFUL CONNECTIONS WITH LOVED ONES
- ☐ SPENDING TIME IN NATURE OR TRAVELING
- ☐ ACHIEVING PERSONAL OR PROFESSIONAL GOALS
- ☐ PRACTICING MINDFULNESS AND SELF-CARE
- ☐ \_\_\_\_\_

## HOW HAVE I GROWN IN THE PAST YEAR?

- ☒ CHALLENGES I'VE OVERCOME: \_\_\_\_\_
- ☒ SKILLS OR HABITS I'VE IMPROVED: \_\_\_\_\_
- ☒ MINDSET SHIFTS I'VE EXPERIENCED: \_\_\_\_\_
- ☒ HOW I FEEL ABOUT MY PROGRESS: \_\_\_\_\_

## NOTES

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# MORNING & EVENING CHECK-IN

## MORNING REFLECTION

 HOW DO I FEEL THIS MORNING?

☐ ENERGIZED ☐ NEUTRAL ☐ TIRED ☐ ANXIOUS ☐ EXCITED ☐ OTHER:

 ONE WORD TO DESCRIBE MY MOOD: \_\_\_\_\_

 WHAT IS MY INTENTION FOR TODAY?

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 WHAT SMALL ACT OF SELF-CARE WILL I DO TODAY?

☐ MOVE MY BODY ☐ HYDRATE WELL ☐ TAKE MINDFUL BREAKS  
☐ JOURNAL MY THOUGHTS ☐ CONNECT WITH SOMEONE I LOVE  
☐ OTHER: \_\_\_\_\_

## EVENING REFLECTION

 HOW DO I FEEL BEFORE BED?


☐ RELAXED ☐ STRESSED ☐ CONTENT ☐ GRATEFUL ☐ DRAINED ☐  
OTHER: \_\_\_\_\_

 ONE WORD TO DESCRIBE MY MOOD TONIGHT: \_\_\_\_\_

 A MOMENT FROM TODAY THAT MADE ME SMILE:




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 SOMETHING I'M GRATEFUL FOR TODAY:



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 HOW CAN I TAKE BETTER CARE OF MYSELF TOMORROW?



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# TRIGGERS & COPING STRATEGIES

## WHAT TRIGGERS STRESS OR ANXIETY IN ME?

- ☐ WORK OR SCHOOL PRESSURES
- ☐ SOCIAL SITUATIONS OR CONFLICTS
- ☐ FEELING OVERWHELMED WITH RESPONSIBILITIES
- ☐ NEGATIVE SELF-TALK OR SELF-DOUBT
- ☐ LACK OF SLEEP OR POOR HEALTH HABITS
- ☐ UNEXPECTED CHANGES OR UNCERTAINTY
- ☐ \_\_\_\_\_

## HOW DO I TYPICALLY REACT?

- ☐ AVOIDANCE OR PROCRASTINATION
- ☐ IRRITABILITY OR FRUSTRATION
- ☐ OVEREATING OR LOSS OF APPETITE
- ☐ ISOLATING FROM OTHERS
- ☐ OVERTHINKING OR CATASTROPHIZING
- ☐ ENGAGING IN UNHEALTHY DISTRACTIONS
- ☐ \_\_\_\_\_

## HEALTHIER COPING STRATEGIES I CAN USE

- ☒ TAKE DEEP BREATHS OR PRACTICE MINDFULNESS
- ☒ JOURNAL MY THOUGHTS AND EMOTIONS
- ☒ GO FOR A WALK OR DO LIGHT EXERCISE
- ☒ LISTEN TO CALMING MUSIC OR SOUNDS
- ☒ SET BOUNDARIES AND SAY "NO" WHEN NEEDED
- ☒ REACH OUT FOR SUPPORT FROM A FRIEND OR THERAPIST
- ☒ ENGAGE IN A CREATIVE ACTIVITY (DRAWING, WRITING, ETC.)



# FAVORITE SELF-CARE ACTIVITIES LIST



## QUICK SELF-CARE IDEAS

### 5-MINUTE SELF-CARE:

- ☐ Deep breathing exercises
- ☐ Drink a glass of water
- ☐ Stretch or do a quick yoga pose
- ☐ Listen to a favorite song
- ☐ Write one positive affirmation

### 30-MINUTE SELF-CARE:

- ☐ Take a short walk outside
- ☐ Read a chapter of a book
- ☐ Journal about your thoughts
- ☐ Try a guided meditation
- ☐ Enjoy a cup of tea or coffee mindfully

### 1-HOUR SELF-CARE:

- ☐ Take a relaxing bath
- ☐ Watch an episode of a feel-good show
- ☐ Do a creative hobby (painting, knitting, etc.)
- ☐ Cook a nourishing meal
- ☐ Call a friend or loved one



## NEW SELF-CARE PRACTICES TO TRY

1

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2

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3

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# **STRESS RELIEF & RELAXATION**

 **WHAT'S CURRENTLY STRESSING ME OUT?**

 **WHAT HELPS ME FEEL CALM & RELAXED?**

- ☐ DEEP BREATHING OR MEDITATION 
- ☐ LISTENING TO MUSIC 
- ☐ SPENDING TIME IN NATURE 
- ☐ JOURNALING MY THOUGHTS 
- ☐ PRACTICING GRATITUDE 
- ☐ PHYSICAL ACTIVITY (YOGA, STRETCHING, WALKING) 
- ☐ OTHER: \_\_\_\_\_

 **WHAT'S ONE THING I CAN DO RIGHT NOW TO FEEL BETTER?**