



SELF-CARE JOURNAL

With daily journaling prompts



self care

This journal belongs to

Today's date _____

What are five things that bring me joy, and how can I incorporate them into my daily routine?

What are some negative thought patterns that I tend to fall into, and how can I challenge or reframe them?

Today's date _____

What is something that I've been wanting to learn or try, and how can I make time for it in my schedule?

What are some of my strengths and how can I use them to build my confidence and accomplish my goals?

Today's date _____

What are some things that I am grateful for in my life, and how can I cultivate a sense of gratitude on a regular basis?

What are some ways that I can take care of my physical health, such as by getting enough sleep, eating well, and exercising regularly?



SELF CARE
IS A
PRIORITY
AND
Necessity
NOT A
LUXURY