



# Self Care Journal

## A Daily Journey



THIS NOTEBOOK BELONGS TO:

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# The Benefits of Journaling for Self-Care

With self-care, we can shore ourselves up against the overwhelming challenges that life throws at us. Without self-care, we become vulnerable to depression, stress, and disease.

Keeping a journal encourages you to set aside time to do what's necessary for your well-being and health. The right journal can serve as a guide for strengthening your mind-body connection.



# Self-care Checklist

- Mindful breathing
- Unplug
- Move your body
- Kind self-talk
- Enough sleep
- Healthy meals
- Declutter
- Self-reflection





# WEEK ONE

“

*You cannot pour from an empty cup. Take  
care of yourself first.*

Self Care  
JOURNAL

Tasks

Mon Tue Wed Thu Fri Sat Sun

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DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

DATE

/ /

NOTES

# SELF-CARE CHECKLIST

WEEK:

MONTH:

## PHYSICAL CARE

GO FOR A WALK

HAVE A NICE SLEEP

EAT A HEALTHY MEAL

DO SKINCARE ROUTINE

S

M

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W

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## SPIRITUAL CARE

LEARN A NEW SKILL

PLAN YOUR DAY

PRACTICE MEDITATION

READ A BOOK

S

M

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## EMOTIONAL CARE

WRITE A JOURNAL

SPEND TIME WITH FAMILY

HAVE A ME TIME

SPEND TIME IN NATURE

S

M

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W

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## NOTE

# Self-Care Practice

Name:

Date:

Emotional Self-Care

Things I like

Things I don't like

Self-Care Notes

Appointment

DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

C H E C K L I S T

- ☐ MAKE YOUR BED
- ☐ TAKE YOUR MEDICATIONS & VITAMINS
- ☐ SKINCARE ROUTINE
- ☐ HEALTHY MEALS
- ☐ GO FOR A WALK
- ☐ CLEANING HOUSE
- ☐ WASHING CLOTHES
- ☐ LISTEN TO MUSIC
- ☐ HAVE A POWER NAP
- ☐ SOCIAL MEDIA BREAK
- ☐ TAKE A LONG BATH
- ☐ DO A FACE MASK
- ☐ CALL A FRIEND OR FAMILY
- ☐ MEDITATION
- ☐ WATCH A MOVIE
- ☐ CUDDLE A PET OR HUMAN
- ☐ TRY A NEW RESTAURANT
- ☐ MAKE TIME TO READ
- ☐ TRY A NEW RECIPE
- ☐ NO PHONE 30 MINS BEFORE BED

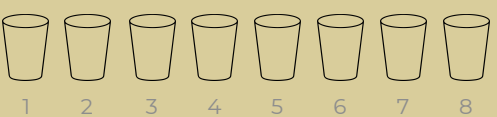
WORKOUT

- ☐ CARDIO
- ☐ WEIGHT
- ☐ YOGA
- ☐ STRETCH
- ☐ REST DAY
- ☐ OTHER

HOURS OF SLEEP ( Hours )



WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

MOOD



# self-care checklist

week

| task activity                               | s | m | t | w | t | f | s |
|---------------------------------------------|---|---|---|---|---|---|---|
| start your day with a glass of water        |   |   |   |   |   |   |   |
| take a 10-minute walk outside               |   |   |   |   |   |   |   |
| practice deep breathing for 5 minutes       |   |   |   |   |   |   |   |
| write down three things you're grateful for |   |   |   |   |   |   |   |
| have a healthy snack                        |   |   |   |   |   |   |   |
| stretch for 5 minutes                       |   |   |   |   |   |   |   |
| turn off screens an hour before bed         |   |   |   |   |   |   |   |
| enjoy a relaxing bath or shower             |   |   |   |   |   |   |   |
| meditation before sleep                     |   |   |   |   |   |   |   |

notes

goals

DATE

/ /

NOTES

# 4 THINGS I AM GRATEFUL FOR

date:

1.

2.

3.

4.



( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

C H E C K L I S T

- ☐ MAKE YOUR BED
- ☐ TAKE YOUR MEDICATIONS & VITAMINS
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- ☐ HEALTHY MEALS
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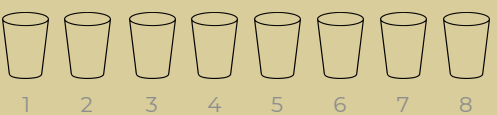
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WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

MOOD



DATE

/ /

NOTES

DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

# self care challenge

month

year

take a 10  
minute walk  
outside

practice deep  
breathing for  
5 minutes

drink a glass  
of water

learn yoga for  
beginner

listen to your  
favorite song

stretch for  
5 minutes

have a  
healthy snack

meditate for  
10 minutes

call a friend  
or family  
member

take a power  
nap

do a quick  
decluttering  
session

watch  
a funny video

read a few  
pages of a  
book

do a quick  
workout

have  
a soothing  
cup of tea

try a new  
recipe

write in a  
journal for 5  
minutes

do a random  
act of  
kindness

take  
a relaxing  
bath

unplug from  
technology for  
an hour

watch the  
sunset or  
sunrise

do a mini  
DIY project

make some  
word of  
affirmation

dance to  
your favorite  
music

reflect on your  
day before  
going to bed

notes

goals

WEEKLY NUTRITION

| MEAL      | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST |        |         |           |          |        |          |        |
| LUNCH     |        |         |           |          |        |          |        |
| SNACK     |        |         |           |          |        |          |        |
| DINNER    |        |         |           |          |        |          |        |
| PROTEIN   |        |         |           |          |        |          |        |
| FAT       |        |         |           |          |        |          |        |
| SUGAR     |        |         |           |          |        |          |        |
| CALORIES  |        |         |           |          |        |          |        |
| CARBS     |        |         |           |          |        |          |        |

DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

# WEEKLY GROCERY

## SHOPPING LIST

BUDGET:

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DATE:

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## WEEKLY FITNESS PLANNER

Goal:

My Motivation

Fitness Challenges

| EXERCISE | SET | REP | TIME | RATE |
|----------|-----|-----|------|------|
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# WEEK TWO

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*Self-care is giving the world the best of you,  
instead of what's left of you.*

Self Care  
JOURNAL

Tasks

Mon Tue Wed Thu Fri Sat Sun

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FREE THOUGHTS

MOOD TRACKER

# SELF-CARE CHECKLIST

WEEK:

MONTH:

## PHYSICAL CARE

GO FOR A WALK

HAVE A NICE SLEEP

EAT A HEALTHY MEAL

DO SKINCARE ROUTINE

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## SPIRITUAL CARE

LEARN A NEW SKILL

PLAN YOUR DAY

PRACTICE MEDITATION

READ A BOOK

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## EMOTIONAL CARE

WRITE A JOURNAL

SPEND TIME WITH FAMILY

HAVE A ME TIME

SPEND TIME IN NATURE

S

M

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W

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## NOTE

# Self-Care Practice

Name:

Date:

Emotional Self-Care

Things I like

Things I don't like

Self-Care Notes

Appointment

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

## C H E C K L I S T

- ☐ MAKE YOUR BED
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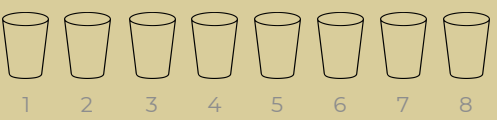
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- ☐ REST DAY
- ☐ OTHER

### HOURS OF SLEEP ( Hours )



### WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

### MOOD



DATE

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NOTES

# self-care checklist

week

| task activity                               | s | m | t | w | t | f | s |
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| practice deep breathing for 5 minutes       |   |   |   |   |   |   |   |
| write down three things you're grateful for |   |   |   |   |   |   |   |
| have a healthy snack                        |   |   |   |   |   |   |   |
| stretch for 5 minutes                       |   |   |   |   |   |   |   |
| turn off screens an hour before bed         |   |   |   |   |   |   |   |
| enjoy a relaxing bath or shower             |   |   |   |   |   |   |   |
| meditation before sleep                     |   |   |   |   |   |   |   |

notes

goals

DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

## C H E C K L I S T

- ☐ MAKE YOUR BED
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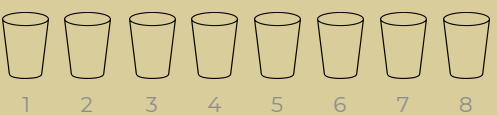
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### HOURS OF SLEEP ( Hours )



### WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

### MOOD

- ANGRY
- TIRED
- SAD
- GREAT
- FUN

DATE

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NOTES

# 4 THINGS I AM GRATEFUL FOR

date:

1.

2.

3.

4.



DATE    /    /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

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FREE THOUGHTS

MOOD TRACKER

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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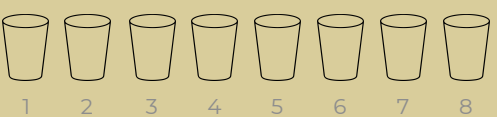
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THINGS THAT  
MAKE ME  
HAPPY TODAY

### MOOD



DATE

/ /

NOTES

# self care challenge

month

year

take a 10  
minute walk  
outside

practice deep  
breathing for  
5 minutes

drink a glass  
of water

learn yoga for  
beginner

listen to your  
favorite song

stretch for  
5 minutes

have a  
healthy snack

meditate for  
10 minutes

call a friend  
or family  
member

take a power  
nap

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decluttering  
session

watch  
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DIY project

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dance to  
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reflect on your  
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notes

goals

WEEKLY NUTRITION

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|-----------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST |        |         |           |          |        |          |        |
| LUNCH     |        |         |           |          |        |          |        |
| SNACK     |        |         |           |          |        |          |        |
| DINNER    |        |         |           |          |        |          |        |
| PROTEIN   |        |         |           |          |        |          |        |
| FAT       |        |         |           |          |        |          |        |
| SUGAR     |        |         |           |          |        |          |        |
| CALORIES  |        |         |           |          |        |          |        |
| CARBS     |        |         |           |          |        |          |        |

# WEEKLY GROCERY

## SHOPPING LIST

**BUDGET:**


 UNIVERSITY OF MICHIGAN PRESS

DATE:

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# WEEKLY FITNESS PLANNER

Goal:

My Motivation

Fitness Challenges

| EXERCISE | SET | REP | TIME | RATE |
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# **WEEK THREE**

“

*The most powerful relationship you will ever have, is the relationship with yourself.*

Self Care  
JOURNAL

Tasks

Mon Tue Wed Thu Fri Sat Sun

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DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

C H E C K L I S T

- ☐ MAKE YOUR BED
- ☐ TAKE YOUR MEDICATIONS & VITAMINS
- ☐ SKINCARE ROUTINE
- ☐ HEALTHY MEALS
- ☐ GO FOR A WALK
- ☐ CLEANING HOUSE
- ☐ WASHING CLOTHES
- ☐ LISTEN TO MUSIC
- ☐ HAVE A POWER NAP
- ☐ SOCIAL MEDIA BREAK
- ☐ TAKE A LONG BATH
- ☐ DO A FACE MASK
- ☐ CALL A FRIEND OR FAMILY
- ☐ MEDITATION
- ☐ WATCH A MOVIE
- ☐ CUDDLE A PET OR HUMAN
- ☐ TRY A NEW RESTAURANT
- ☐ MAKE TIME TO READ
- ☐ TRY A NEW RECIPE
- ☐ NO PHONE 30 MINS BEFORE BED

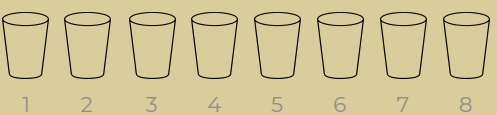
WORKOUT

- ☐ CARDIO
- ☐ WEIGHT
- ☐ YOGA
- ☐ STRETCH
- ☐ REST DAY
- ☐ OTHER

HOURS OF SLEEP ( Hours )



WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

MOOD



DATE

/ /

NOTES

# Self-Care Practice

Name:

Date:

Emotional Self-Care

Things I like

Things I don't like

Self-Care Notes

Appointment

DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

## C H E C K L I S T

- ☐ MAKE YOUR BED
- ☐ TAKE YOUR MEDICATIONS & VITAMINS
- ☐ SKINCARE ROUTINE
- ☐ HEALTHY MEALS
- ☐ GO FOR A WALK
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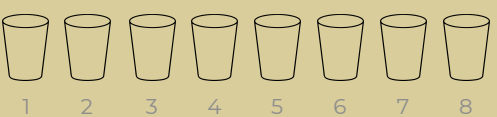
### WORKOUT

- ☐ CARDIO
- ☐ WEIGHT
- ☐ YOGA
- ☐ STRETCH
- ☐ REST DAY
- ☐ OTHER

### HOURS OF SLEEP ( Hours )



### WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

### MOOD



DATE

/ /

NOTES

# self-care checklist

week

| task activity                               | s | m | t | w | t | f | s |
|---------------------------------------------|---|---|---|---|---|---|---|
| start your day with a glass of water        |   |   |   |   |   |   |   |
| take a 10-minute walk outside               |   |   |   |   |   |   |   |
| practice deep breathing for 5 minutes       |   |   |   |   |   |   |   |
| write down three things you're grateful for |   |   |   |   |   |   |   |
| have a healthy snack                        |   |   |   |   |   |   |   |
| stretch for 5 minutes                       |   |   |   |   |   |   |   |
| turn off screens an hour before bed         |   |   |   |   |   |   |   |
| enjoy a relaxing bath or shower             |   |   |   |   |   |   |   |
| meditation before sleep                     |   |   |   |   |   |   |   |

notes

goals

DATE    /    /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

# SELF-CARE CHECKLIST

WEEK:

MONTH:

## PHYSICAL CARE

GO FOR A WALK

HAVE A NICE SLEEP

EAT A HEALTHY MEAL

DO SKINCARE ROUTINE

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## SPIRITUAL CARE

LEARN A NEW SKILL

PLAN YOUR DAY

PRACTICE MEDITATION

READ A BOOK

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## EMOTIONAL CARE

WRITE A JOURNAL

SPEND TIME WITH FAMILY

HAVE A ME TIME

SPEND TIME IN NATURE

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## NOTE

DATE

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NOTES

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

C H E C K L I S T

- ☐ MAKE YOUR BED
- ☐ TAKE YOUR MEDICATIONS & VITAMINS
- ☐ SKINCARE ROUTINE
- ☐ HEALTHY MEALS
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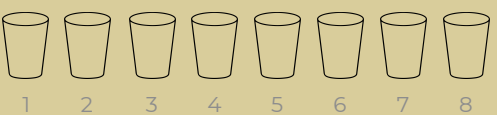
WORKOUT

- ☐ CARDIO
- ☐ WEIGHT
- ☐ YOGA
- ☐ STRETCH
- ☐ REST DAY
- ☐ OTHER

HOURS OF SLEEP ( Hours )



WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

MOOD



DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

# self care challenge

month

year

take a 10  
minute walk  
outside

practice deep  
breathing for  
5 minutes

drink a glass  
of water

learn yoga for  
beginner

listen to your  
favorite song

stretch for  
5 minutes

have a  
healthy snack

meditate for  
10 minutes

call a friend  
or family  
member

take a power  
nap

do a quick  
decluttering  
session

watch  
a funny video

read a few  
pages of a  
book

do a quick  
workout

have  
a soothing  
cup of tea

try a new  
recipe

write in a  
journal for 5  
minutes

do a random  
act of  
kindness

take  
a relaxing  
bath

unplug from  
technology for  
an hour

watch the  
sunset or  
sunrise

do a mini  
DIY project

make some  
word of  
affirmation

dance to  
your favorite  
music

reflect on your  
day before  
going to bed

notes

goals

## WEEKLY NUTRITION

| MEAL      | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST |        |         |           |          |        |          |        |
| LUNCH     |        |         |           |          |        |          |        |
| SNACK     |        |         |           |          |        |          |        |
| DINNER    |        |         |           |          |        |          |        |
| PROTEIN   |        |         |           |          |        |          |        |
| FAT       |        |         |           |          |        |          |        |
| SUGAR     |        |         |           |          |        |          |        |
| CALORIES  |        |         |           |          |        |          |        |
| CARBS     |        |         |           |          |        |          |        |

# WEEKLY GROCERY

## SHOPPING LIST

**BUDGET:**


 UNIVERSITY OF MICHIGAN PRESS

DATE:

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[illegible]

## WEEKLY FITNESS PLANNER

Goal:

My Motivation

Fitness Challenges

| EXERCISE | SET | REP | TIME | RATE |
|----------|-----|-----|------|------|
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# **WEEK FOUR**

“

*Caring for yourself is not self-indulgence, it is  
self-preservation.*

Self Care  
JOURNAL

Tasks

Mon Tue Wed Thu Fri Sat Sun

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GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

C H E C K L I S T

- ☐ MAKE YOUR BED
- ☐ TAKE YOUR MEDICATIONS & VITAMINS
- ☐ SKINCARE ROUTINE
- ☐ HEALTHY MEALS
- ☐ GO FOR A WALK
- ☐ CLEANING HOUSE
- ☐ WASHING CLOTHES
- ☐ LISTEN TO MUSIC
- ☐ HAVE A POWER NAP
- ☐ SOCIAL MEDIA BREAK
- ☐ TAKE A LONG BATH
- ☐ DO A FACE MASK
- ☐ CALL A FRIEND OR FAMILY
- ☐ MEDITATION
- ☐ WATCH A MOVIE
- ☐ CUDDLE A PET OR HUMAN
- ☐ TRY A NEW RESTAURANT
- ☐ MAKE TIME TO READ
- ☐ TRY A NEW RECIPE
- ☐ NO PHONE 30 MINS BEFORE BED

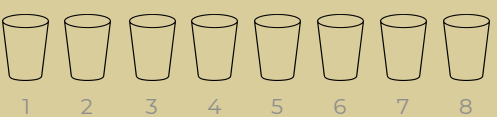
WORKOUT

- ☐ CARDIO
- ☐ WEIGHT
- ☐ YOGA
- ☐ STRETCH
- ☐ REST DAY
- ☐ OTHER

HOURS OF SLEEP ( Hours )



WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

MOOD



DATE

/ /

NOTES

# SELF-CARE CHECKLIST

WEEK:

MONTH:

## PHYSICAL CARE

GO FOR A WALK

HAVE A NICE SLEEP

EAT A HEALTHY MEAL

DO SKINCARE ROUTINE

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## SPIRITUAL CARE

LEARN A NEW SKILL

PLAN YOUR DAY

PRACTICE MEDITATION

READ A BOOK

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## EMOTIONAL CARE

WRITE A JOURNAL

SPEND TIME WITH FAMILY

HAVE A ME TIME

SPEND TIME IN NATURE

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## NOTE

# Self-Care Practice

Name:

Date:

Emotional Self-Care

Things I like

Things I don't like

Self-Care Notes

Appointment

DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

( Daily )

# SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S   M   T   W   T   F   S

C H E C K L I S T

- ☐ MAKE YOUR BED
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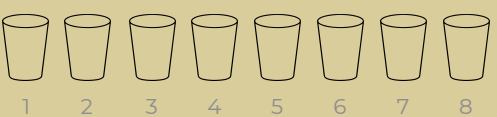
WORKOUT

- ☐ CARDIO
- ☐ WEIGHT
- ☐ YOGA
- ☐ STRETCH
- ☐ REST DAY
- ☐ OTHER

HOURS OF SLEEP ( Hours )



WATER BALANCE ( Glass )



THINGS THAT  
MAKE ME  
HAPPY TODAY

MOOD



DATE

/ /

NOTES

# self-care checklist

week

| task activity                               | s | m | t | w | t | f | s |
|---------------------------------------------|---|---|---|---|---|---|---|
| start your day with a glass of water        |   |   |   |   |   |   |   |
| take a 10-minute walk outside               |   |   |   |   |   |   |   |
| practice deep breathing for 5 minutes       |   |   |   |   |   |   |   |
| write down three things you're grateful for |   |   |   |   |   |   |   |
| have a healthy snack                        |   |   |   |   |   |   |   |
| stretch for 5 minutes                       |   |   |   |   |   |   |   |
| turn off screens an hour before bed         |   |   |   |   |   |   |   |
| enjoy a relaxing bath or shower             |   |   |   |   |   |   |   |
| meditation before sleep                     |   |   |   |   |   |   |   |

notes

goals

DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

DATE

/ /

NOTES

# SELF-CARE CHECKLIST

WEEK:

MONTH:

## PHYSICAL CARE

GO FOR A WALK

HAVE A NICE SLEEP

EAT A HEALTHY MEAL

DO SKINCARE ROUTINE

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## SPIRITUAL CARE

LEARN A NEW SKILL

PLAN YOUR DAY

PRACTICE MEDITATION

READ A BOOK

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## EMOTIONAL CARE

WRITE A JOURNAL

SPEND TIME WITH FAMILY

HAVE A ME TIME

SPEND TIME IN NATURE

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## NOTE

DATE     /     /

GOALS TODAY

What are your top goals to accomplish for the day?

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TO-DO LIST

Check off your tasks throughout the day.

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FREE THOUGHTS

MOOD TRACKER

# self care challenge

month

year

take a 10  
minute walk  
outside

practice deep  
breathing for  
5 minutes

drink a glass  
of water

learn yoga for  
beginner

listen to your  
favorite song

stretch for  
5 minutes

have a  
healthy snack

meditate for  
10 minutes

call a friend  
or family  
member

take a power  
nap

do a quick  
decluttering  
session

watch  
a funny video

read a few  
pages of a  
book

do a quick  
workout

have  
a soothing  
cup of tea

try a new  
recipe

write in a  
journal for 5  
minutes

do a random  
act of  
kindness

take  
a relaxing  
bath

unplug from  
technology for  
an hour

watch the  
sunset or  
sunrise

do a mini  
DIY project

make some  
word of  
affirmation

dance to  
your favorite  
music

reflect on your  
day before  
going to bed

notes

goals

WEEKLY NUTRITION

| MEAL      | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST |        |         |           |          |        |          |        |
| LUNCH     |        |         |           |          |        |          |        |
| SNACK     |        |         |           |          |        |          |        |
| DINNER    |        |         |           |          |        |          |        |
| PROTEIN   |        |         |           |          |        |          |        |
| FAT       |        |         |           |          |        |          |        |
| SUGAR     |        |         |           |          |        |          |        |
| CALORIES  |        |         |           |          |        |          |        |
| CARBS     |        |         |           |          |        |          |        |

# WEEKLY GROCERY

## SHOPPING LIST

BUDGET:

DATE: 

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# WEEKLY FITNESS PLANNER

Goal:

My Motivation

Fitness Challenges

| EXERCISE | SET | REP | TIME | RATE |
|----------|-----|-----|------|------|
|          |     |     |      |      |
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**MEMO**

MEMO

A spiral-bound notepad with a pink wavy line background. The notepad is white with a spiral binding on the left side. The text is centered on the notepad.

NOTE TO SELF:

Self-care  
isn't selfish,

it's an act of love  
towards yourself.