

# JOURNALING

FOR SELF-CARE



# WORKBOOK

THE MODERN RN

# Welcome!

We are the Modern RN and we are glad to share this free journal workbook with you. This workbook will help empower you to take back your power, heal and forgive your past self, boost your self-esteem, and improve your mood.

Journaling evokes mindfulness and helps you remain present while keeping perspective. It presents an opportunity for emotional cleansing and helps the brain regulate emotions. It provides a greater sense of confidence and self-identity. Journaling can help in the management of personal adversity and change, and emphasize important patterns and growth in life.

We are here to remind you: YOU ARE WORTHY, even on the days you may not feel that you are!

## The Modern RN



# JOURNALING PROMPTS

What makes you feel powerful?

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What makes you feel in control?

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List 5 things you're good at.

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# JOURNALING PROMPTS

How do you physically feel at this moment?

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Write down all of your goals for the next year, big or small.

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Write down all aspects of the perfect "you day".

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