

SELF-CARE ROUTINE



SELF-CARE Journal

DATE: / /

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S M T W T F S




TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

WATER INTAKE

       
1 2 3 4 5 6 7 8 (Glass)

MOOD

    
ANGRY TIRE SAD HAPPY EXCITED

NOTES/REMINDER:

TODAY'S AFFIRMATION

FOR TOMORROW

(June 5 - 11)

| | | | | | | |
|-----|-----|-----|------|-----|-----|-----|
| MON | TUE | WED | THUR | FRI | SAT | SUN |
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MON TUE WED THUR FRI SAT SUN

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MON TUE WED THUR FRI SAT SUN

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Date:

Describe your go-to self-care routine.

[illegible]

Date:

What is your favorite way to relax after a stressful day?

The image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Date:

How do you prioritize self-care in your daily life?

[illegible]

Date:

Share a self-care activity that always boosts your mood.

[illegible]

Date:

What hobbies help you unwind and feel at peace?

[illegible]

Date:

How do you incorporate mindfulness into your self-care routine?

[illegible]

Date:

What is your favorite way to pamper yourself?

[illegible]

Date:

How do you take care of your mental health?

[illegible]

Date:

What physical activities do you enjoy for self-care?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Date:

How do you use nature to enhance your self-care practices?

[illegible]

Date:

What are your favorite self-care rituals before bed?

[illegible]

Date:

How do you create a calming environment at home?

[illegible]

Date:

What self-care practices help you feel more energized?

[illegible]

Date:

How do you use music as a form of self-care?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

What books or podcasts do you enjoy for relaxation?

[illegible]

Date:

How do you practice self-love and self-compassion?

[illegible]

Date:

What are your favorite self-care activities for a rainy day?

[illegible]

Date:

How do you make time for self-care during a busy week?

[illegible]

Date:

What are your favorite self-care activities to do alone?

[illegible]

Date:

How do you use journaling as a self-care tool?

[illegible]

Date:

What self-care practices help you feel grounded and centered?

[illegible]

Date:

How do you use aromatherapy in your self-care routine?

[illegible]

Date:

What are your favorite self-care activities for a Sunday afternoon?

[illegible]

Date:

How do you balance screen time and self-care?

[illegible]

Date:

What self-care activities help you connect with others?

[illegible]

Date:

How do you practice self-care while traveling?

[illegible]

Date:

What are your favorite self-care activities for the morning?

[illegible]

Date:

How do you use art and creativity for self-care?

[illegible]

Date:

What self-care activities help you manage anxiety?

[illegible]

Date:

How do you incorporate self-care into your workday?

[illegible]

Date:

What are your favorite self-care activities to do with friends?

[illegible]

Date:

How do you use meditation or yoga for self-care?

[illegible]

Date:

What are your favorite self-care activities for the weekend?

[illegible]

Date:

How do you use positive affirmations in your self-care routine?

[illegible]

Date:

What self-care practices help you feel more confident?

[illegible]

Date:

How do you practice self-care on a budget?

[illegible]

Date:

What are your favorite self-care activities for a self-care day?

[illegible]

Date:

How do you use technology to enhance your self-care?

[illegible]

Date:

What self-care activities help you feel more creative?

[illegible]

Date:

How do you practice self-care in the evenings?

[illegible]

Date:

What are your favorite self-care activities for a sunny day?

[illegible]

Date:

How do you use exercise as a form of self-care?

[illegible]

Date:

What self-care practices help you feel more balanced?

[illegible]

Date:

How do you practice self-care during challenging times?

[illegible]

Date:

What are your favorite self-care activities for a quiet night in?

[illegible]

Date:

How do you use gratitude in your self-care routine?

[illegible]

Date:

What self-care activities help you feel more focused?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the page.

Date:

How do you practice self-care in small moments throughout the day?

[illegible]

Date:

What are your favorite self-care activities for a spa day at home?

[illegible]

Date:

How do you use your senses (sight, sound, touch, taste, smell) for self-care?

[illegible]

Date:

What self-care practices help you feel more present?

[illegible]

Date:

How do you use cooking or baking as a self-care activity?

[illegible]

Date:

What are your favorite self-care activities for a tech-free day?

[illegible]

Date:

How do you incorporate self-care into your family life?

[illegible]

Date:

What self-care activities help you feel more connected to yourself?

[illegible]

Date:

How do you practice self-care through decluttering and organizing?

[illegible]

Date:

What are your favorite self-care activities for a creative outlet?

[illegible]

Date:

How do you use laughter and humor for self-care?

[illegible]

Date:

What self-care practices help you feel more joyful?

[illegible]

Date:

How do you create a self-care routine that works for you?

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