

SELF-CARE Journal

DATE: / /



S M T W T F S

3 THINGS TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

WATER INTAKE



1 2 3 4 5 6 7 8 (Glass)

MOOD



ANGRY



TIRED



SAD



HAPPY



EXCITED

NOTES/REMINDER:

TODAY'S AFFIRMATION

FOR TOMORROW
