

SELF-CARE WEEKLY JOURNAL



WEEKLY POSITIVE AFFIRMATION:

I am

(strong, enough, smart, kind, beautiful, etc.) Work on replacing negative self-talk with positive and supportive words. Start each day by looking in the mirror and repeating this statement to yourself. If a critical inner voice chimes in, replace those thoughts with this affirmation.

3 THINGS I'M GRATEFUL FOR THIS WEEK:

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MY GOALS FOR THIS WEEK ARE:

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SELF-CARE PLAN FOR THE WEEK:

These tasks can take as little as 5 to 10 minutes or however long you have. Self-care looks different for each of us. Quick things can include a 20-minute walk, a bath, a guided meditation, deep breathing exercises, etc. If you have more time, try having lunch with a friend or family member, seeing a counselor, taking a 45-minute walk, going for a swim, getting a massage, or cleaning the house.

- SUNDAY.....
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- MONDAY.....
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- TUESDAY.....
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- WEDNESDAY.....
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- THURSDAY.....
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- FRIDAY.....
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- SATURDAY.....
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SELF-CARE:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

SLEEP:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

WATER:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

EXERCISE:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

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- SUNDAY
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- TUESDAY
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