



My Self-Care JOURNAL/PLANNER

DATE: _____

How Am I Feeling Today (Emotionally, Mentally and Physically)?

Self-Care Reflection:

Did I take time for myself today (if yes, what did I do or if not, what was the reason for it)?

How did my choices today impact my well-being?

In what area should I focus more on?

My Intentions for Tomorrow:

What can I do or do more of or change, so that tomorrow can be a BETTER DAY?

One small self-care action I want to try tomorrow is...

My Next Appointment with Myself: