

Self Care Journal

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C H E C K L I S T

- MAKE YOUR BED
- TAKE A LONG BATH
- TAKE YOUR MEDICATIONS & VITAMINS
- DO A FACE MASK
- SKINCARE ROUTINE
- CALL A FRIEND OR FAMILY
- HEALTHY MEALS
- MEDITATION
- GO FOR A WALK
- WATCH A MOVIE
- CLEANING HOUSE
- CUDDLE A PET OR HUMAN
- WASHING CLOTHES
- TRY A NEW RESTAURANT
- LISTEN TO MUSIC
- MAKE TIME TO READ
- HAVE A POWER NAP
- TRY A NEW RECIPE
- SOCIAL MEDIA BREAK
- NO PHONE 30 MINS BEFORE BED

W O R K O U T

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

THINGS THAT MADE ME HAPPY TODAY