Self Care Journal

DATE: / /

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S M T W T F S
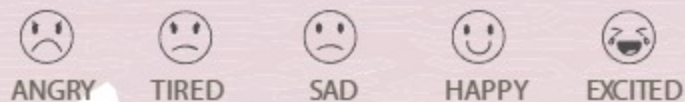
TODAY I'M GRATEFUL FOR:

1.

2.

3.

WATER INTAKE

💧 💧 💧 💧 💧 💧 💧 💧
1 2 3 4 5 6 7 8 (Glass)

TODAY'S AFFIRMATION

MOOD

😠 😫 🙁 🙂 😆
ANGRY TIRED SAD HAPPY EXCITED

NOTES/REMINDER:

FOR TOMORROW