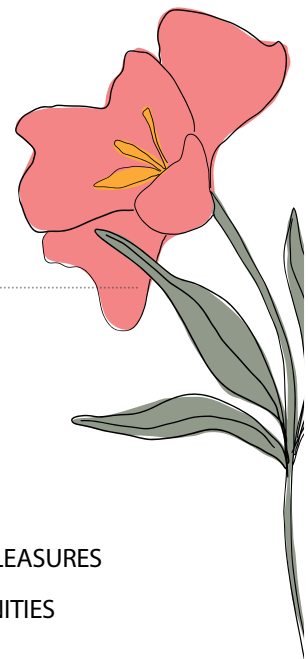


Self Care Journal



DATE:

MORNING ROUTINE:

- ☐ WAKE UP EARLY
- ☐ PRACTICE DEEP BREATHING FOR 5 MINUTES
- ☐ HYDRATE WITH A GLASS OF WATER
- ☐ STRETCH OR DO A QUICK YOGA SESSION

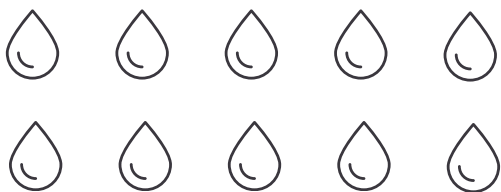
PHYSICAL ACTIVITY:

- ☐ ENGAGE IN 30 MINUTES OF EXERCISE
- ☐ TAKE SHORT WALKS OR STRETCH BREAKS
- ☐ USE THE STAIRS INSTEAD OF THE ELEVATOR
- ☐ TRACK DAILY STEPS OR DISTANCE

SELF-CARE:

- ☐ SET BOUNDARIES FOR WORK AND PERSONAL TIME
- ☐ DO SOMETHING YOU ENJOY FOR AT LEAST 15 MINUTES
- ☐ TAKE SHORT BREAKS TO RELAX OR DO A QUICK HOBBY
- ☐ DISCONNECT FROM SCREENS AT LEAST AN HOUR BEFORE BED

WATER INTAKE:



WELLNESS TIP OF THE DAY:

GRATITUDE:

- ☐ I'M GRATEFUL FOR MY HEALTH
- ☐ I APPRECIATE MY LOVED ONES
- ☐ I'M THANKFUL FOR LIFE'S SIMPLE PLEASURES
- ☐ I'M GRATEFUL FOR NEW OPPORTUNITIES

MINDFULNESS:

- ☐ PRACTICE 10 MINUTES OF MEDITATION
- ☐ PRACTICE GRATITUDE JOURNALING
- ☐ TAKE A FEW MOMENTS TO BREATHE DEEPLY
- ☐ MINDFUL EATING DURING MEALS

REFLECTION:

- ☐ REFLECT ON YOUR ACHIEVEMENTS TODAY
- ☐ NOTE ANY CHALLENGES AND HOW YOU OVERCAME THEM
- ☐ CONSIDER WHAT YOU'RE GRATEFUL FOR TODAY
- ☐ SET A SMALL WELLNESS GOAL FOR TOMORROW

NUTRITION:

- ☐ EAT A BALANCED BREAKFAST
- ☐ PLAN HEALTHY MEALS FOR THE DAY
- ☐ SNACK ON FRUITS OR NUTS
- ☐ STAY HYDRATED THROUGHOUT THE DAY

NOTES:

