

Self Care JOURNEY

MONTH:

YEAR:

ACTS OF SELF-CARE

AFFIRMATION



TODAY'S MOOD



I'M GRATEFUL FOR

INSPIRATION:

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Self Care PLANNER

MONTH:

YEAR:

MY TOP PRIORITIES

GOALS FOR MY MIND:

- _____
- _____
- _____
- _____

GOALS FOR MY BODY:

- _____
- _____
- _____
- _____

REMINDER

MY NOTE

Self Care INTENTION

MONTH:

YEAR:

PHYSICAL SELF CARE

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EMOTIONAL SELF CARE

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SPIRITUAL SELF CARE

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SOCIAL SELF CARE

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NOTE TO SELF:

Self Care JOURNAL

MONTH:

YEAR:

AFFIRMATIONS

I'M PROUD OF MY...

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I'M GRATEFUL FOR...

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NOTE TO SELF:

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Self Care REMINDER

MONTH:

YEAR:

WHAT KEEPS ME GROUNDED?

WHEN AM I AT MY BEST?
