





I can let my  
*feelings go*

# Checking in with Myself

Date:



Why am I starting this journal?

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What thoughts and worries have been on my mind lately?

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How does worrying affect my daily life and my physical and emotional wellbeing?

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What strategies have worked for me in the past to manage my worries and overthinking?

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What steps can I take to have a more calm and balanced mindset?

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Who can I reach out to for support during times of worry?



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# Worries & Thoughts Log



Jot down all of your worries, negative thoughts and overthinking so you can develop strategies on how to solve or manage them.

WORRY/  
THOUGHT

WORST CASE  
SCENARIO

HOW I CAN SOLVE  
OR MANAGE IT



# Worries & Thoughts Log

*my  
feelings  
matter*

WORRY/  
THOUGHT

WORST CASE  
SCENARIO

HOW I CAN SOLVE  
OR MANAGE IT

**be strong**  
*and never give up x*

**one**



**strong**



**mama**



# Creative Space

Use this space to think about what triggers your worries and overthinking. Can you think of any solutions or strategies to manage these challenges?



**Pretty Mama,**

*you've got this*

# Self Care Activities

Create a list of self care activities that can help you relax and cope with worrying and overthinking.

♥ **let yourself rest** ♥



*take time for you*



# Notes of Encouragement

Write some uplifting messages and affirmations that will inspire you during moments of worry and overwhelm.



***I am stronger than I feel***

# Morning Check-in

Date: \_\_\_\_\_



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I'm worried about:

*one day at a time x*

Today's important tasks and decisions:

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*Rest and Recharge*



# Evening Check-in

*just keep going*



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How did my worries and overthinking affect my physical and emotional wellbeing?

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Take time to appreciate the good things about today and shift your focus to positive thoughts.



*happy moment*

*I'm looking forward to*

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CALMING RELAXATION:





*note to self*



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*Rest and Recharge*



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CALMING RELAXATION:



*note to self*

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Were any of my worries unnecessary? How can I remind myself of this for the future?

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How did my worries and overthinking affect my physical and emotional wellbeing?

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Take time to appreciate the good things about today and shift your focus to positive thoughts.



*happy moment*

*I'm looking forward to*

---

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CALMING RELAXATION:





*note to self*

---



# Journal

Date: \_\_\_\_\_



Journal writing area with horizontal lines.



# Journal

Date: \_\_\_\_\_



# Journal



Date: \_\_\_\_\_

Journal writing area with horizontal lines.



reminder:

**I am  
already  
enough**

# Journal



Date: \_\_\_\_\_

Journal writing area with horizontal lines.

reminder:  
**I am  
already  
enough**

# Journal

Date: \_\_\_\_\_



Journal writing area with horizontal lines.





# Journal



Date: \_\_\_\_\_

Journal writing area with horizontal lines.

reminder:  
**I am  
already  
enough**

# Journal

Date: \_\_\_\_\_



Journal writing area with horizontal lines.



# Joyful Moments & Experiences

Use the space below to celebrate the joyful moments and experiences in your life. By reflecting on these moments, you can find happiness even during times of worry and overwhelm.

*do what makes you happy* 



**difficult roads  
lead to**

*beautiful destinations*