



I can let my
feelings go

Checking in with Myself

Date: _____



Why am I starting this journal?

What thoughts and worries have been on my mind lately?

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

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

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

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



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: _____



Take a moment to forget your worries and focus on the things you are grateful for.



I'm worried about:

one day at a time x

Today's important tasks and decisions:



How can you be mindful today and stay present to reduce overthinking and overwhelm?

◆ _____

◆ _____

◆ _____

◆ _____

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Rest and Recharge

Evening Check-in

just keep going



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



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

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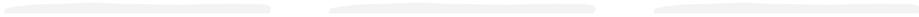


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Take a moment to forget your worries and focus on the things you are grateful for.



I'm worried about:

one day at a time x

Today's important tasks and decisions:



How can you be mindful today and stay present to reduce overthinking and overwhelm?

◆ _____ ◆ _____
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Self Care can help you relax, destress and calm your mind and body. Plan today's self care activities:



Rest and Recharge

Evening Check-in

just keep going



What were my main worries and recurring negative thoughts today? What is the worst case scenario that I am imagining?

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



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

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



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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