

BEING KIND TO MYSELF

Self
Care
Journal





Self
Care
isn't selfish x



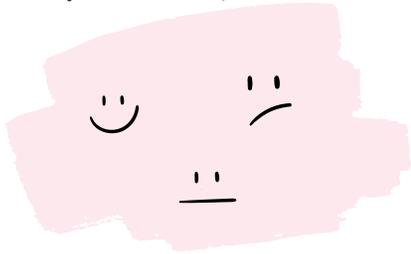


THIS JOURNAL BELONGS TO:



taking care of ME

Today I am Feeling:



Self Love:

What is Beautiful about Me:

I am Proud of Myself for:

What I Love about Me:

How I was Mindful and Present today:

I am Excited for:

DATE: _____

TODAY'S PRIORITIES:



Checklist:

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I'm feeling Stressed about:



Don't Forget!



Today's Wellness



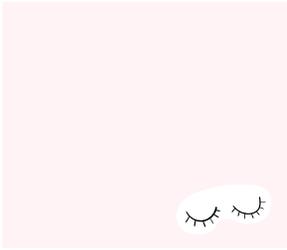
Positive Thought:

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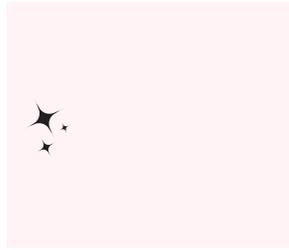
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- Eat Well
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- Be Kind To Myself

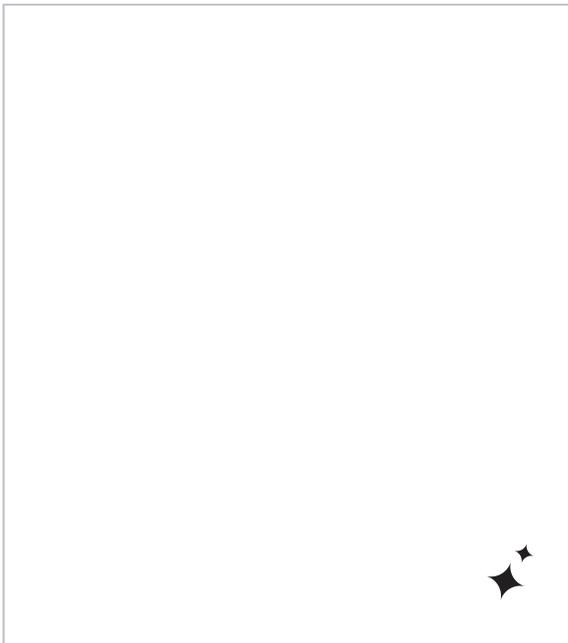
How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:



What I need to Let Go of:

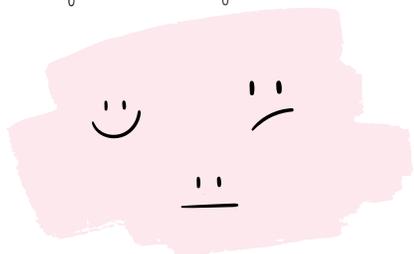
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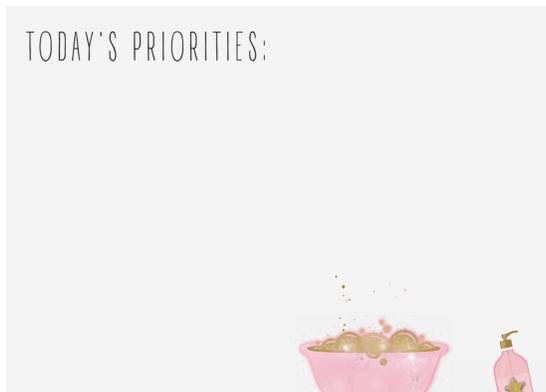
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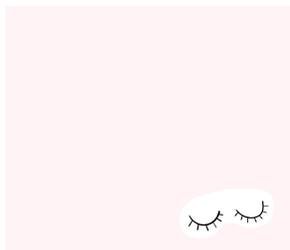
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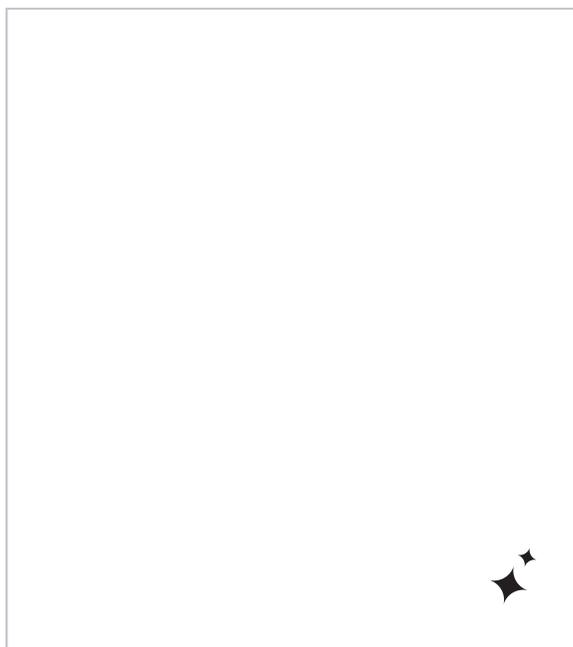
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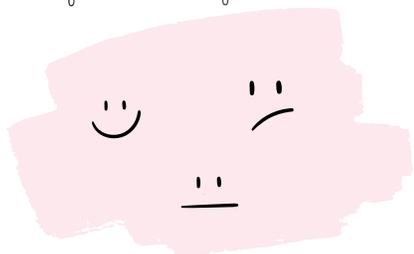
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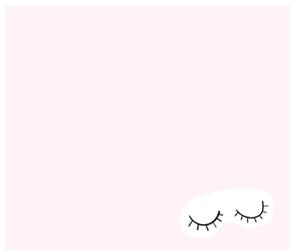
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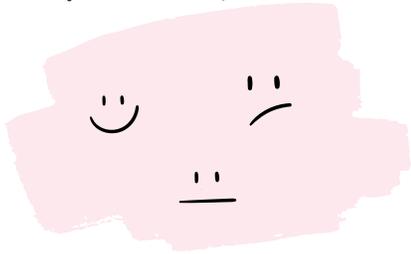
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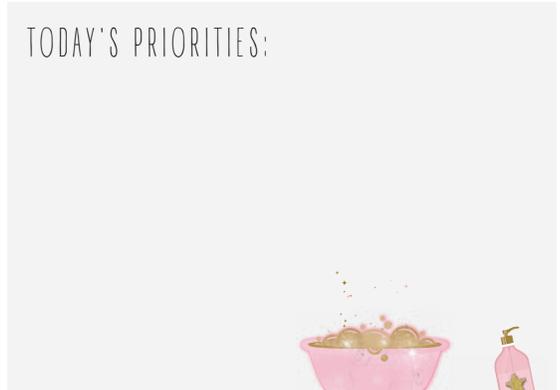
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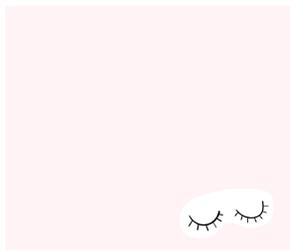
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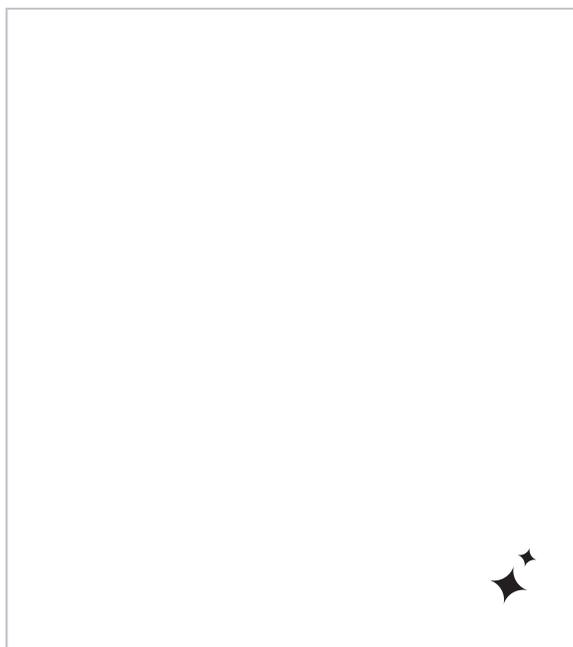
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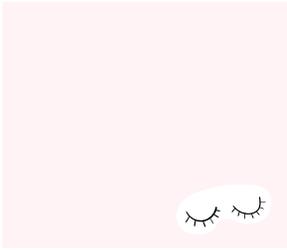
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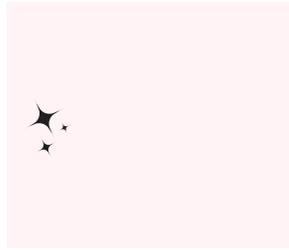
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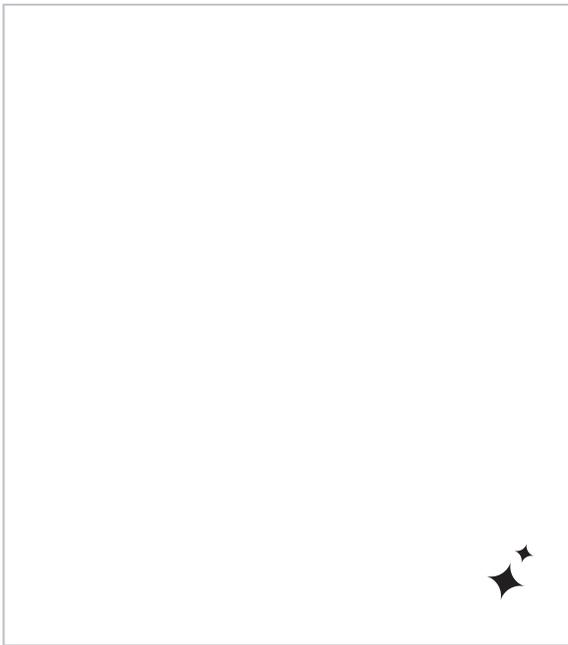
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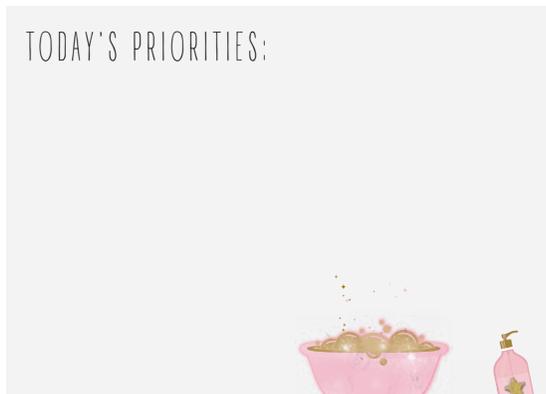
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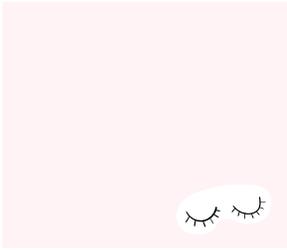
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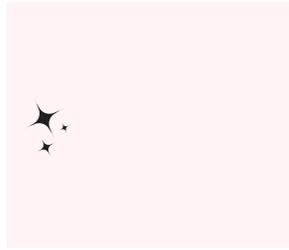
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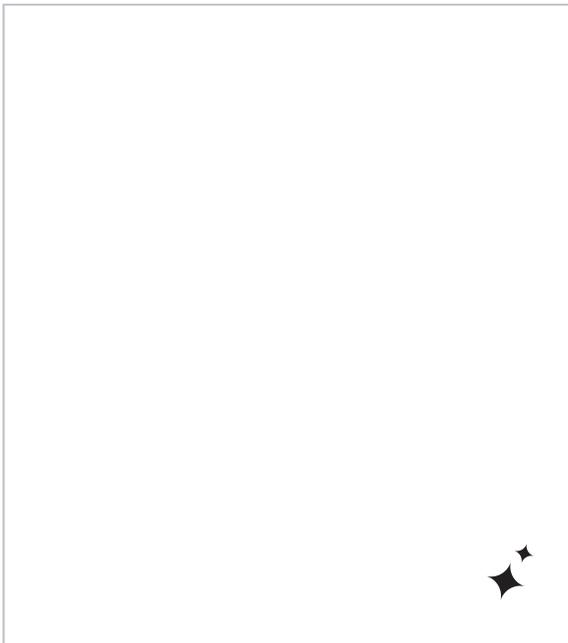
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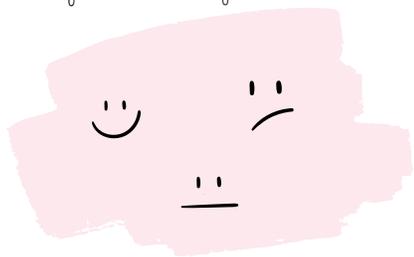
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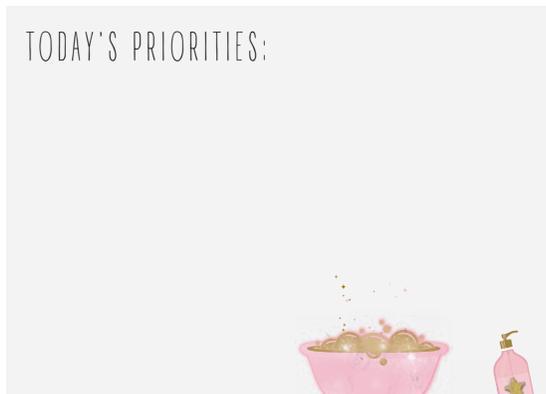
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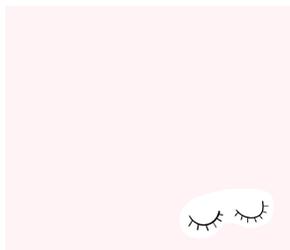
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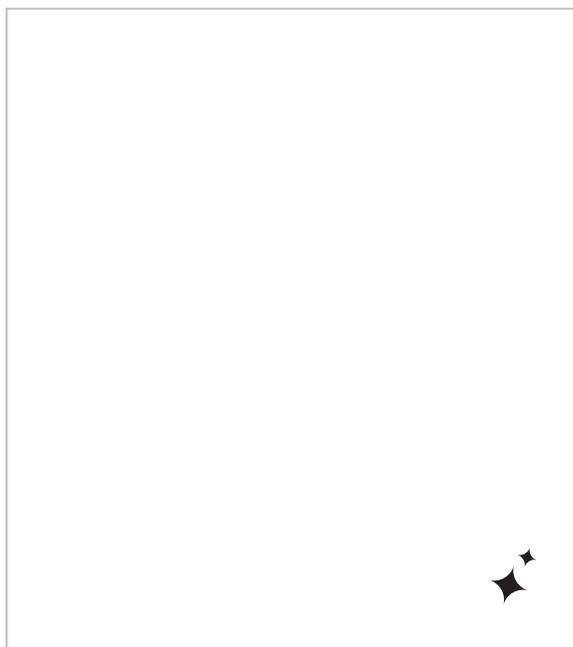
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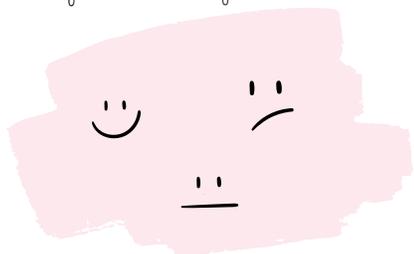
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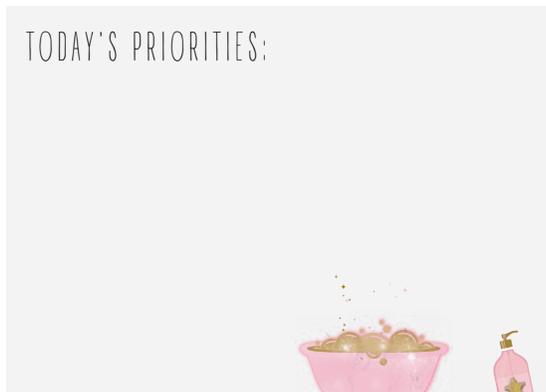
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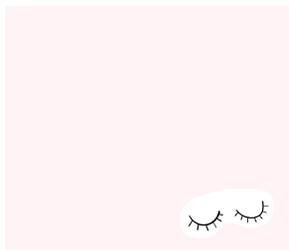
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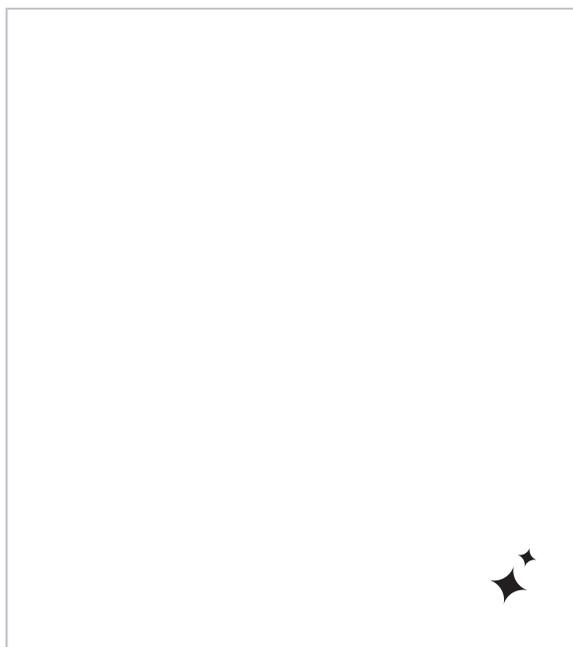
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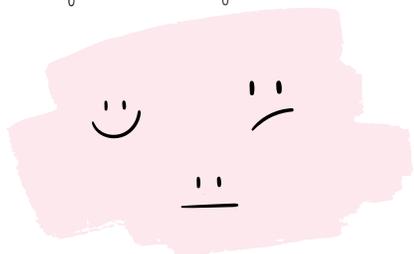
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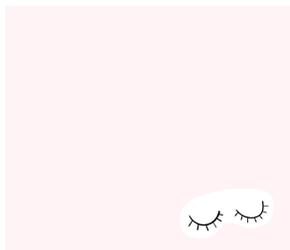
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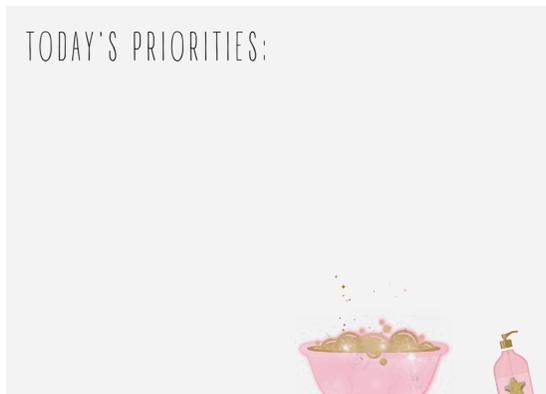
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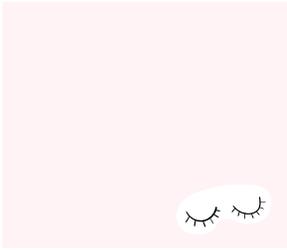
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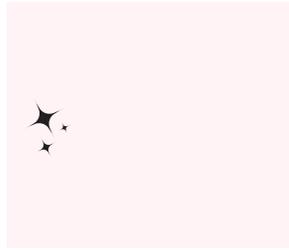
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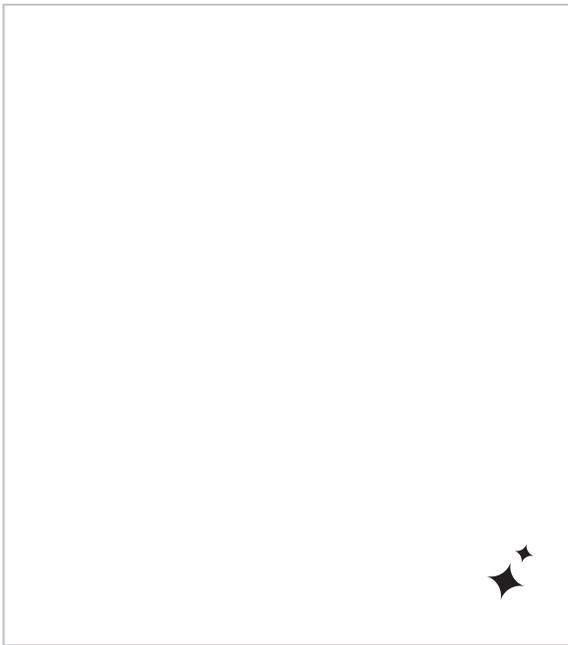
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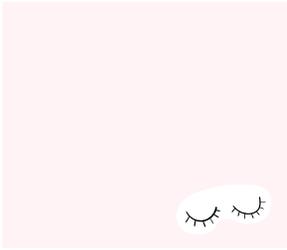
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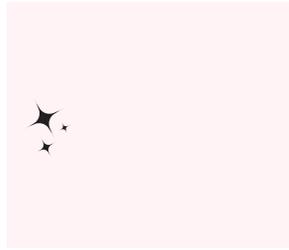
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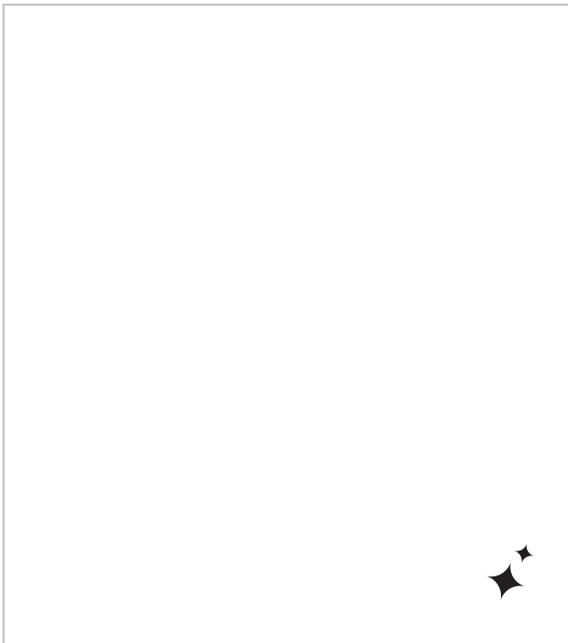
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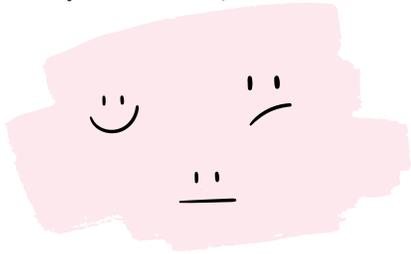
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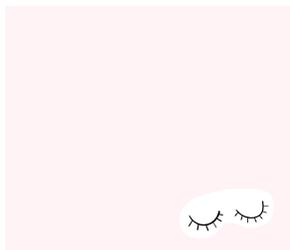
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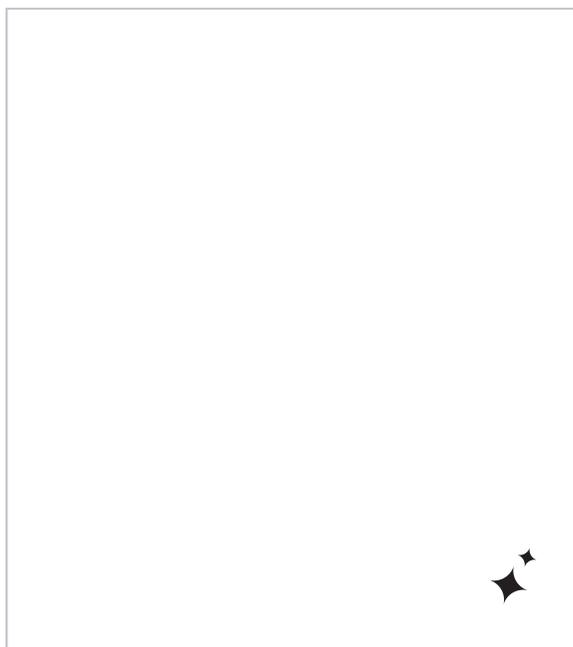
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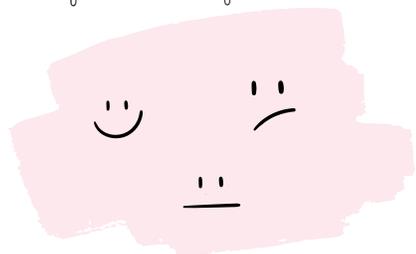
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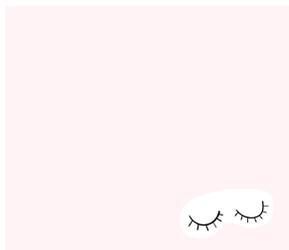
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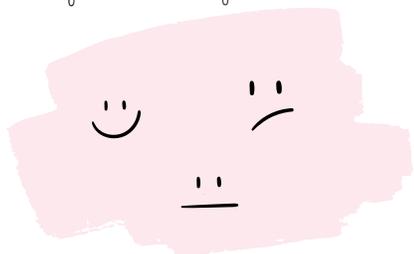
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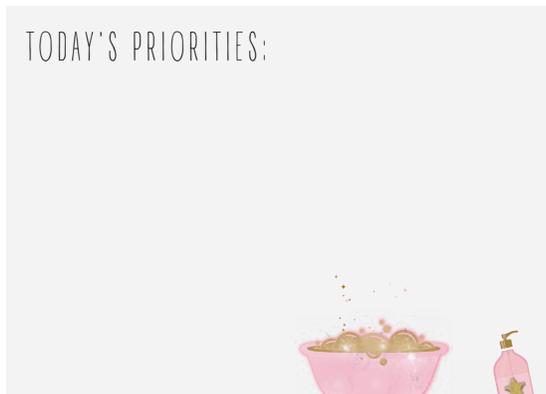
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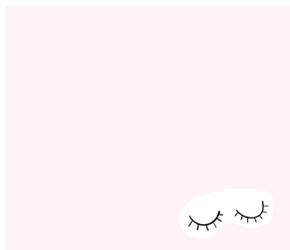
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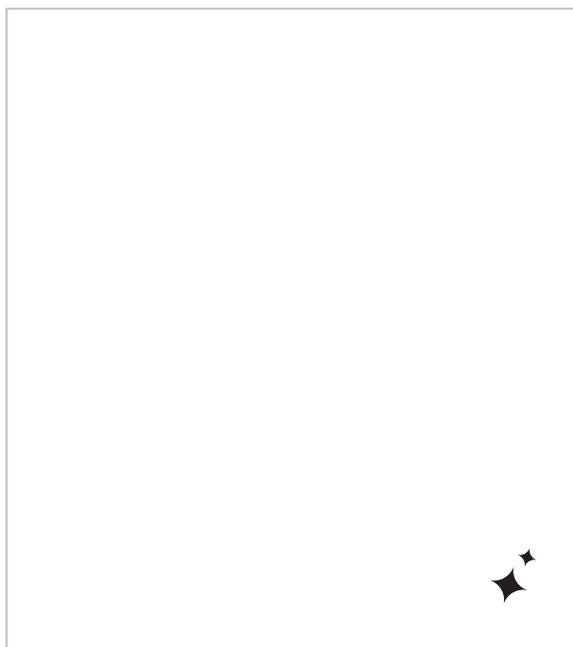
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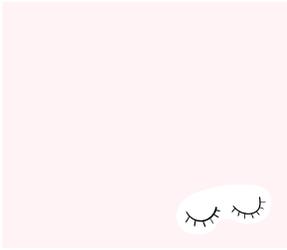
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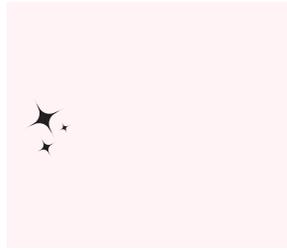
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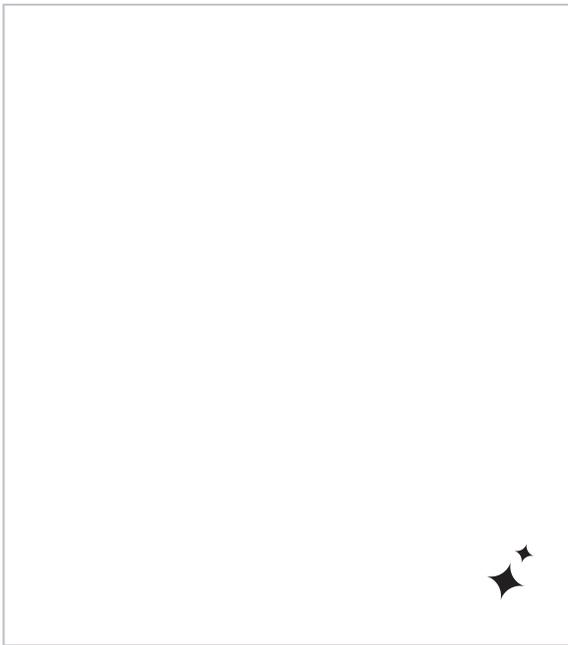
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I'm feeling Stressed about:



Don't Forget!



Today's Wellness



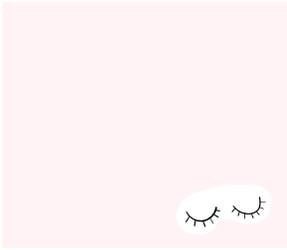
Positive Thought:

I will CARE for my Body and Mind

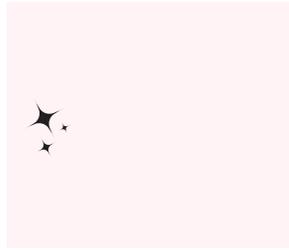
SELF CARE CHECKLIST:

- Meditate 
- Breathe
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- Spend time with Loved Ones
- Eat Well
- Sleep Well
- Be Kind To Myself

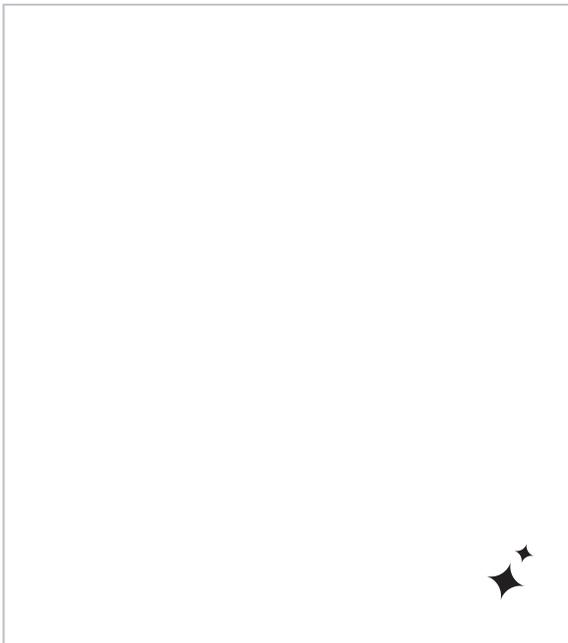
How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:



What I need to Let Go of:

 So Grateful for:

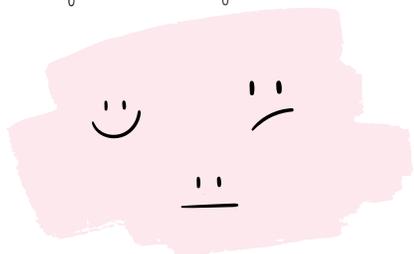


JOURNAL:

taking care of ME

DATE: _____

Today I am Feeling:



Self Love:

What is Beautiful about Me:

I am Proud of Myself for:

What I Love about Me:

How I was Mindful and Present today:

I am Excited for:

TODAY'S PRIORITIES:



Checklist:

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Today's Wellness



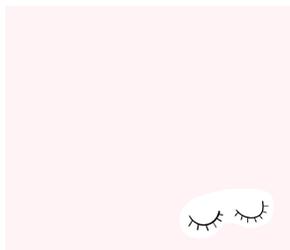
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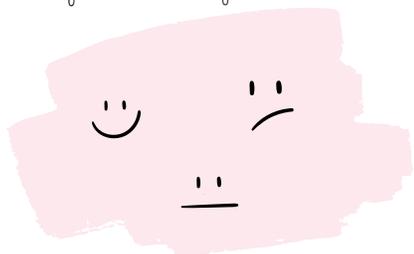
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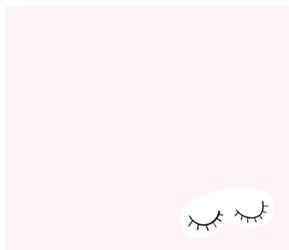
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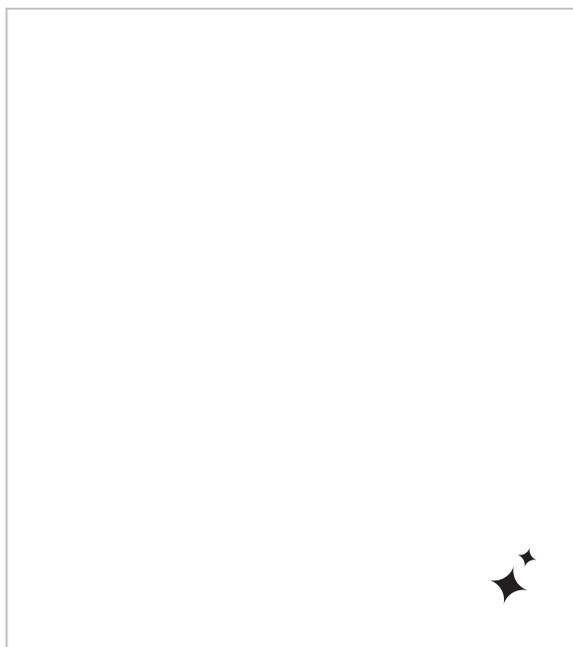
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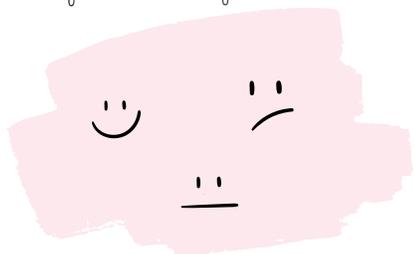
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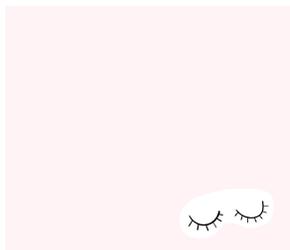
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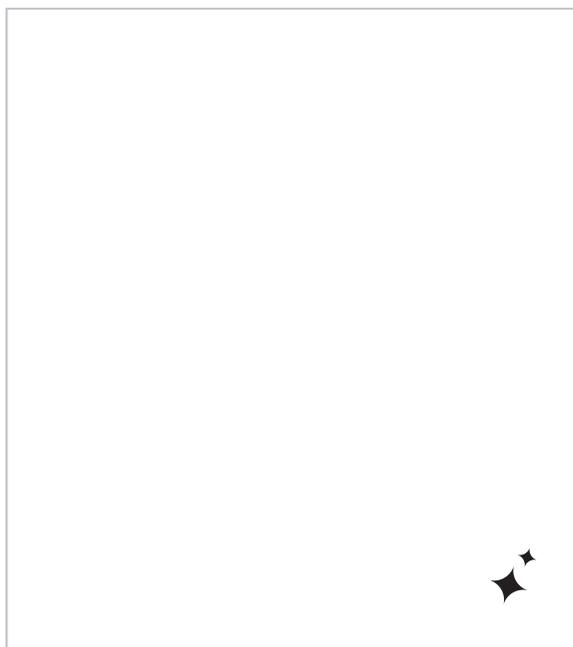
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Today's Wellness



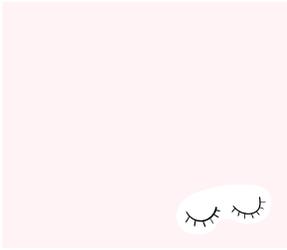
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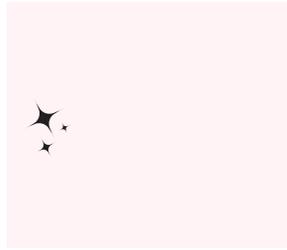
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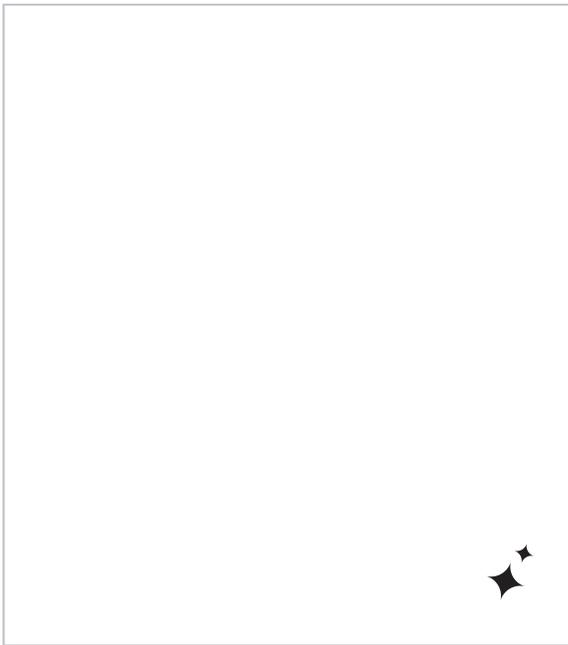
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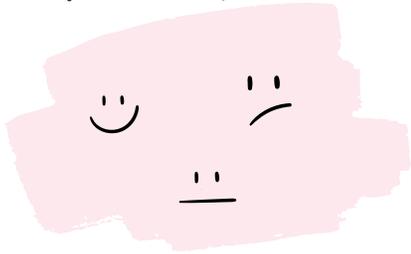
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Today's Wellness



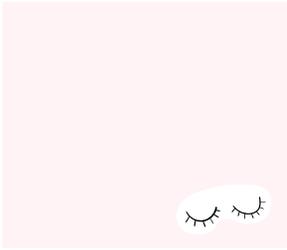
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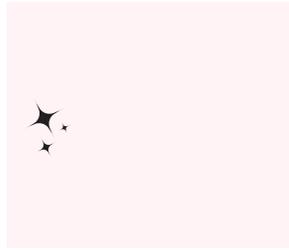
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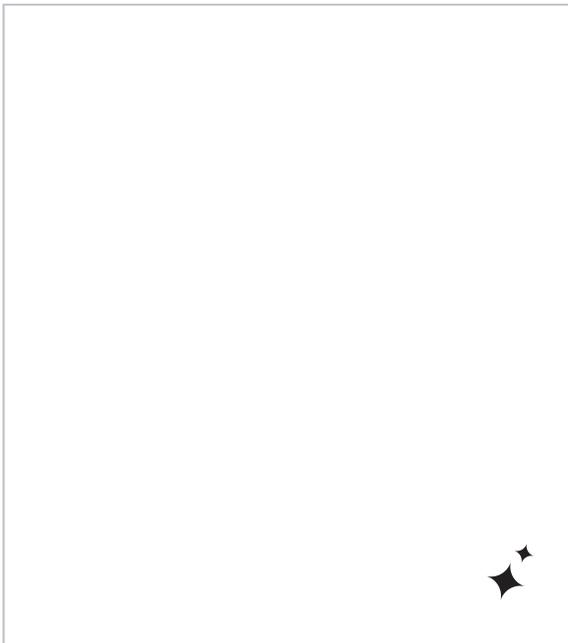
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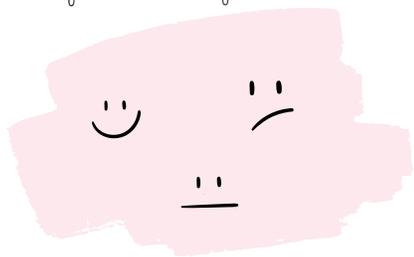
What I need to Let Go of:

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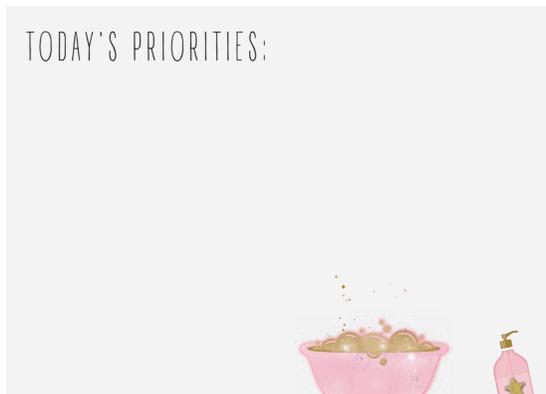
What I Love about Me:

How I was Mindful and Present today:

I am Excited for:

DATE: _____

TODAY'S PRIORITIES:



Checklist:

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Don't Forget!



Today's Wellness



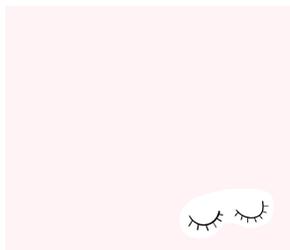
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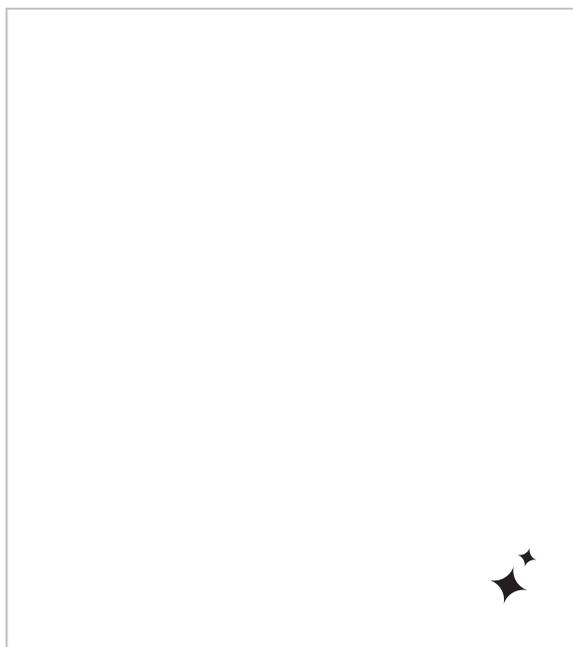
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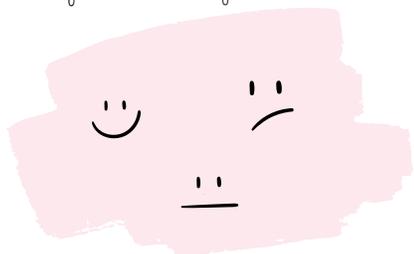
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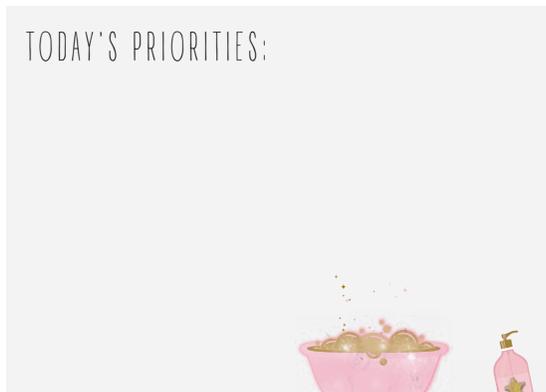
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Don't Forget!



Today's Wellness



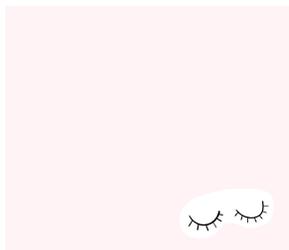
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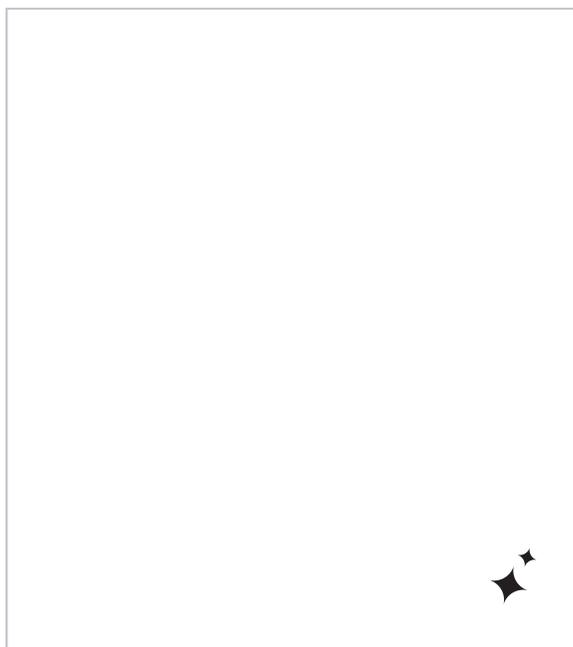
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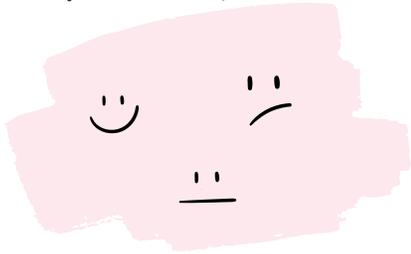
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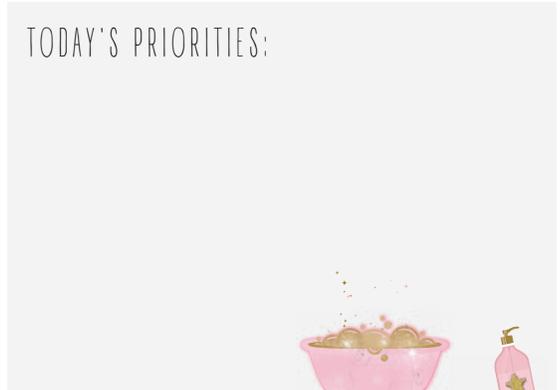
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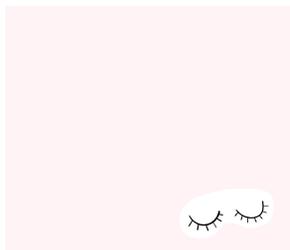
Today's Wellness



Positive Thought:

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How I was Kind to Myself:



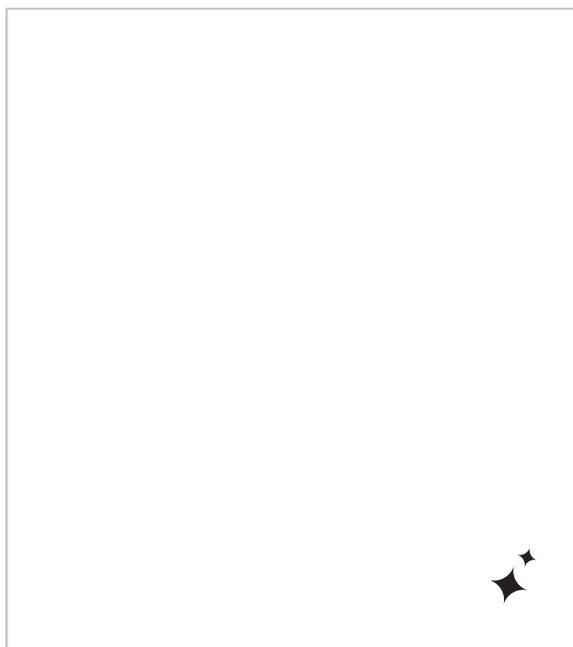
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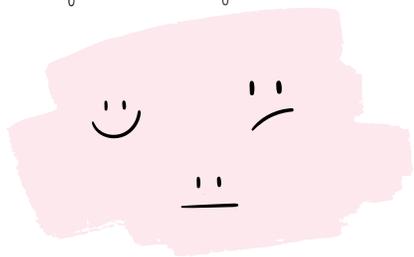
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taking care of ME

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Today's Wellness



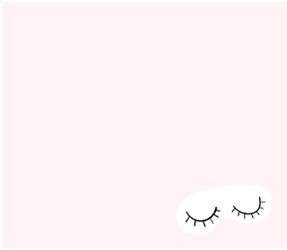
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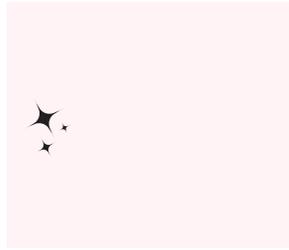
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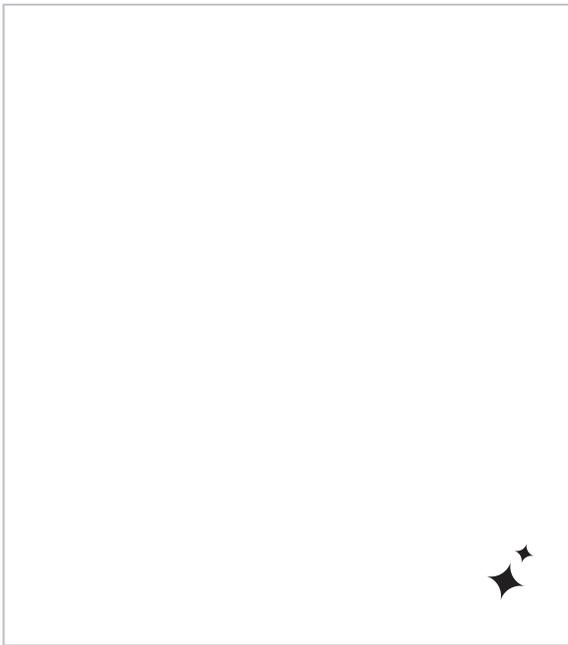
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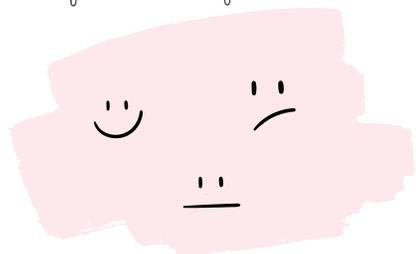


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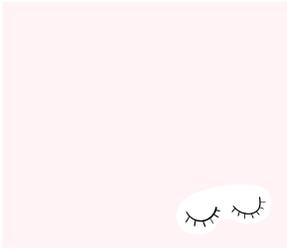
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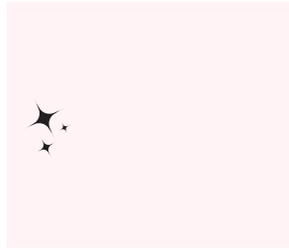
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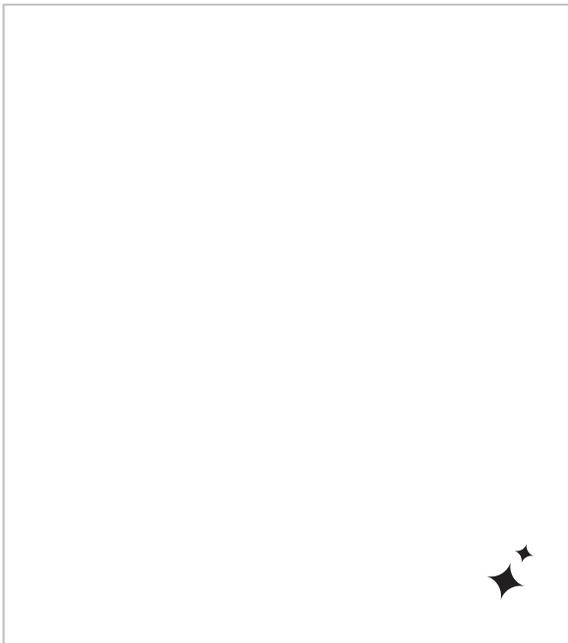
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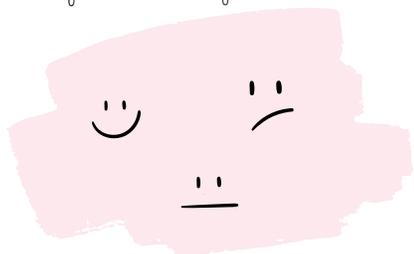


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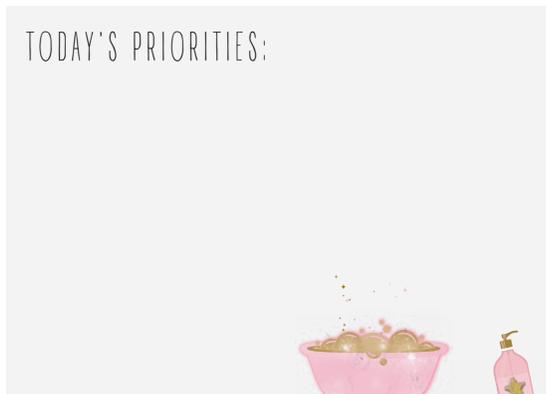
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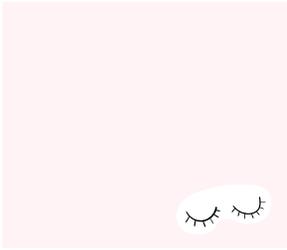
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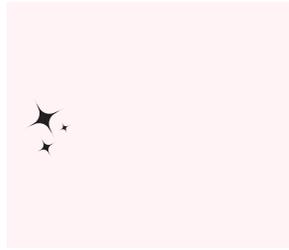
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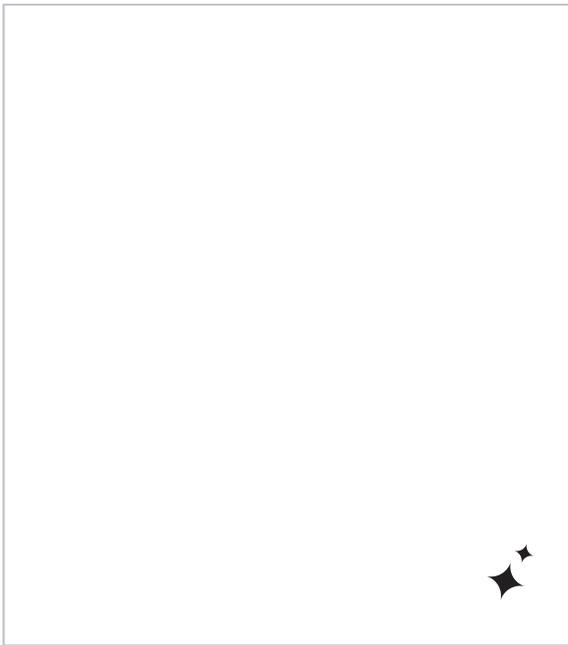
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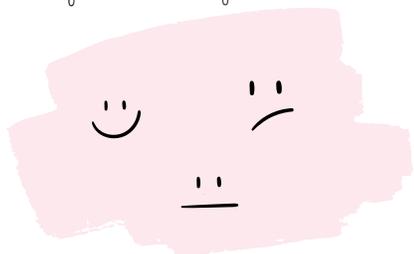


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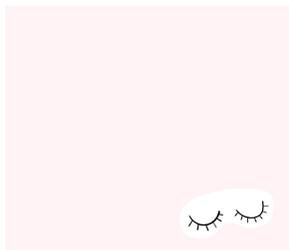
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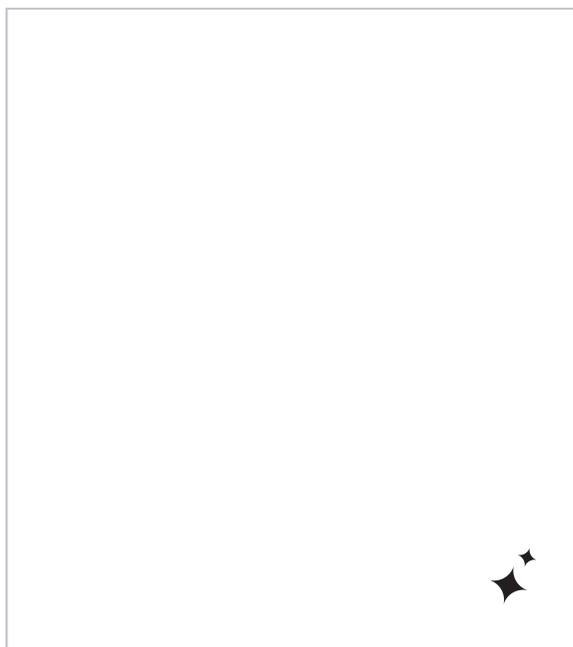
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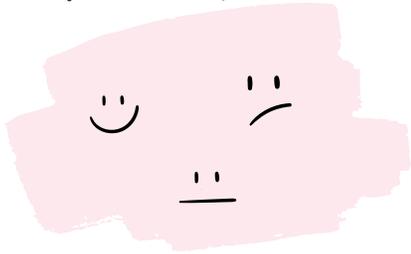
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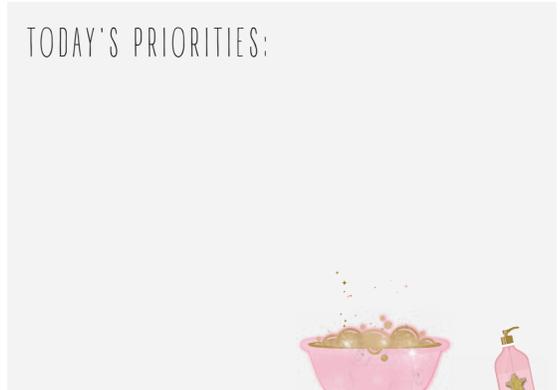
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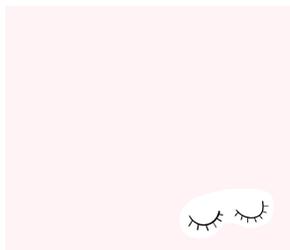
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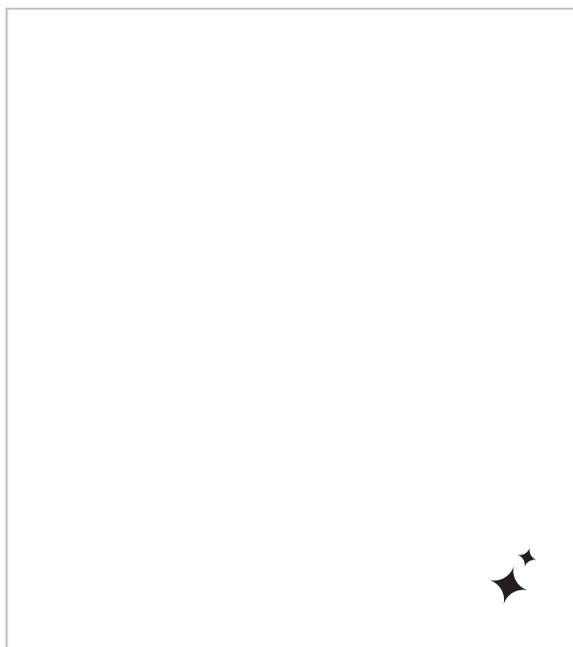
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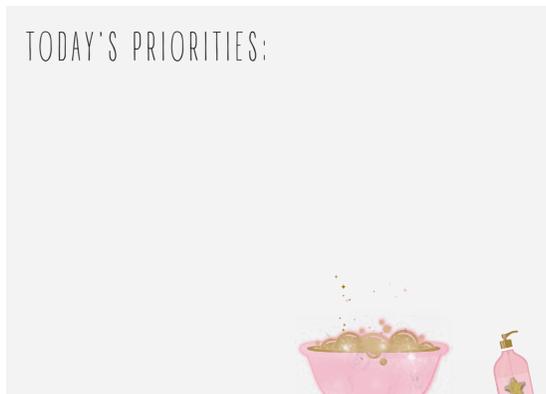
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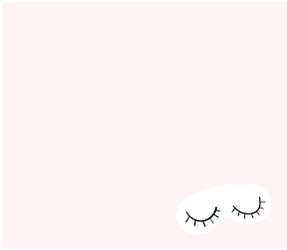
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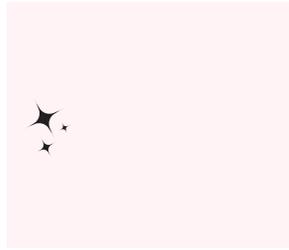
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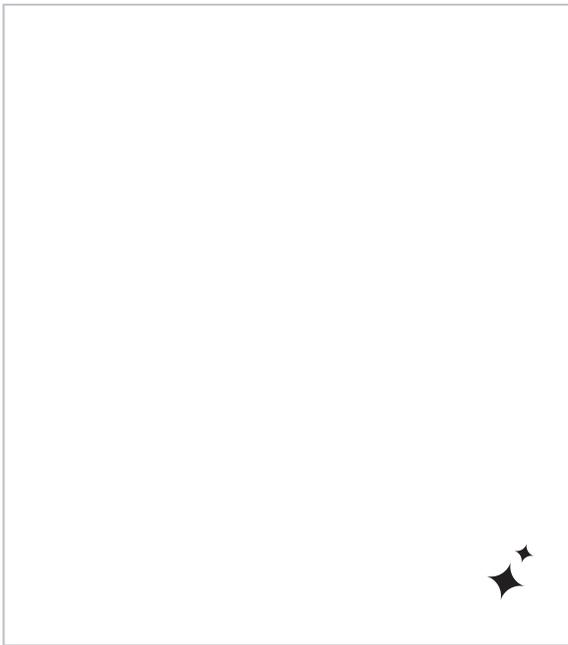
How I was Kind to Others:



SELF CARE CHECKLIST:

- Meditate 
- Breathe
- Go Outside
- Spend time with Loved Ones
- Eat Well
- Sleep Well
- Be Kind To Myself

MY BIG PLANS:



What gave me Joy today:



What I need to Let Go of:

 So Grateful for:



JOURNAL:

taking care of ME

DATE: _____

Today I am Feeling:



Self Love:

What is Beautiful about Me:

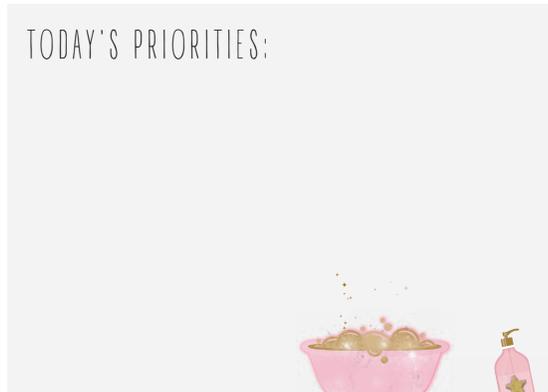
I am Proud of Myself for:

What I Love about Me:

How I was Mindful and Present today:

I am Excited for:

TODAY'S PRIORITIES:



Checklist:

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I'm feeling Stressed about:



Don't Forget!



Today's Wellness



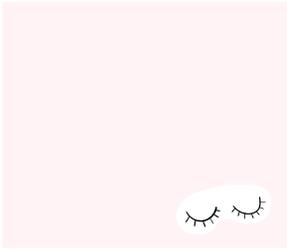
Positive Thought:

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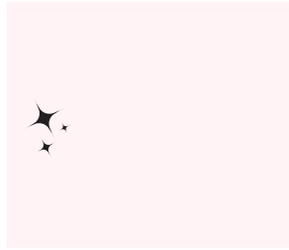
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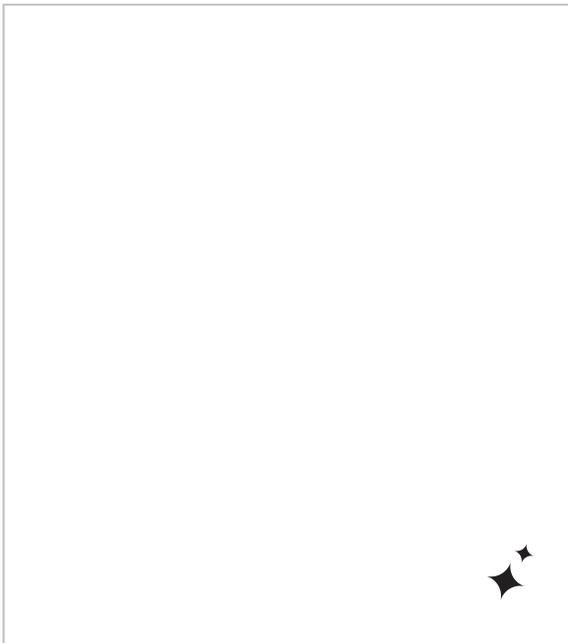
How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



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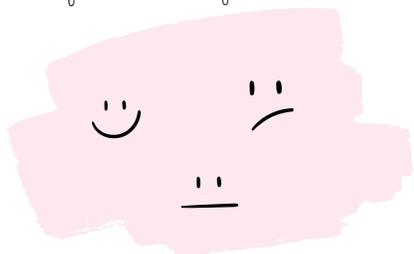
What I need to Let Go of:

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Today I am Feeling:



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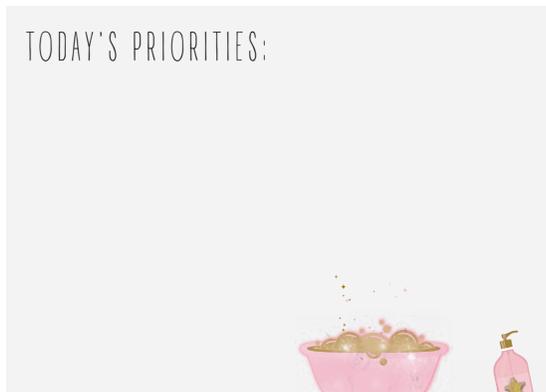
What I Love about Me:

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DATE: _____

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Today's Wellness



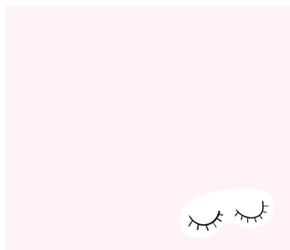
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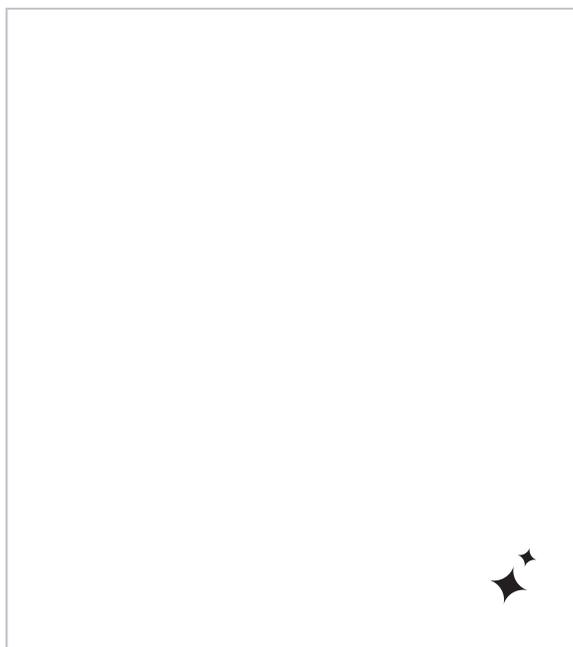
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How I was Kind to Others:



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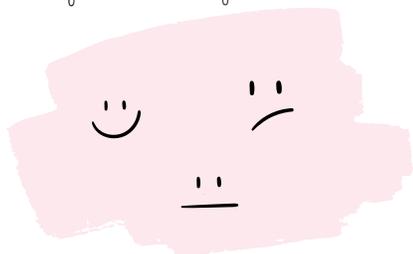
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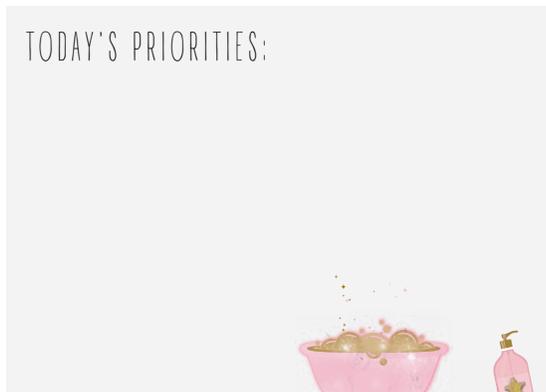
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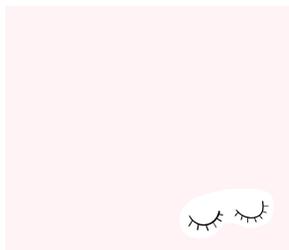
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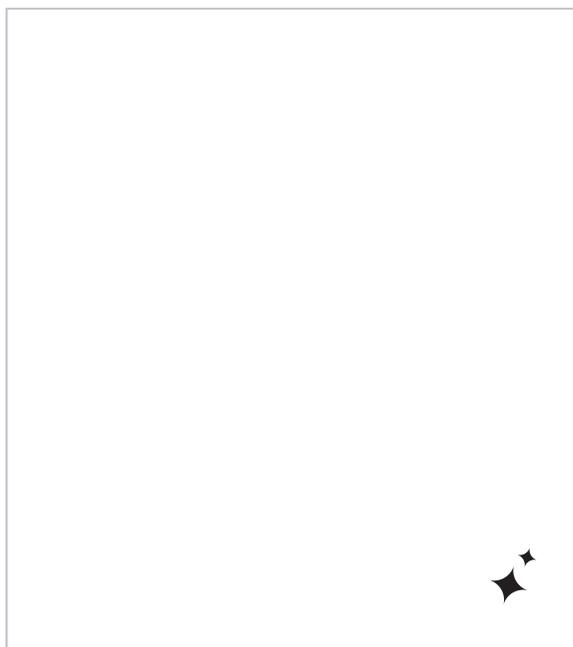
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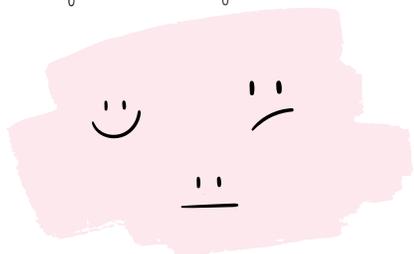
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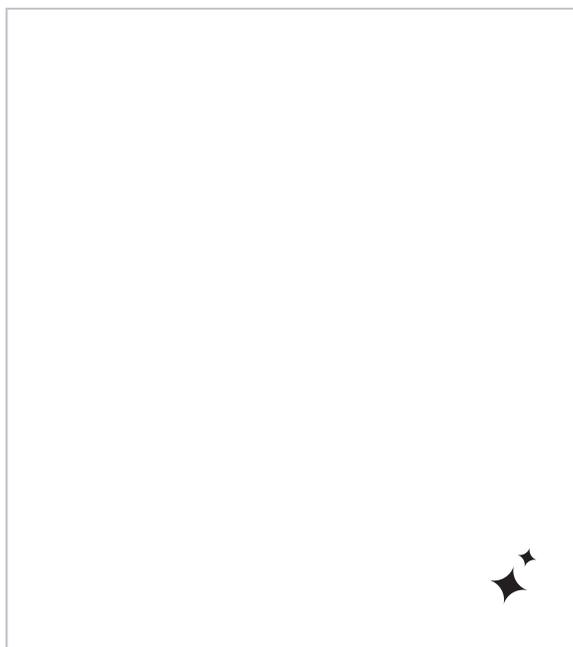
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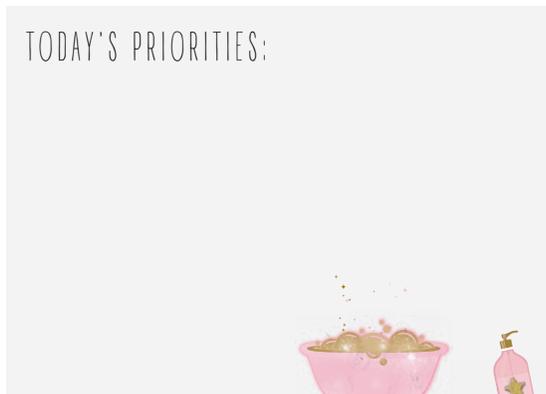
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Today's Wellness



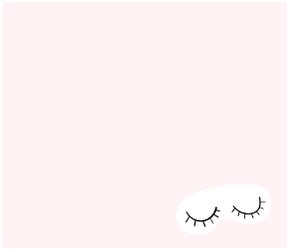
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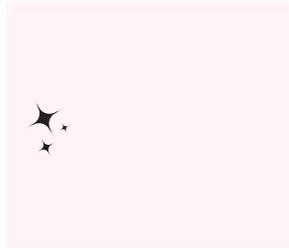
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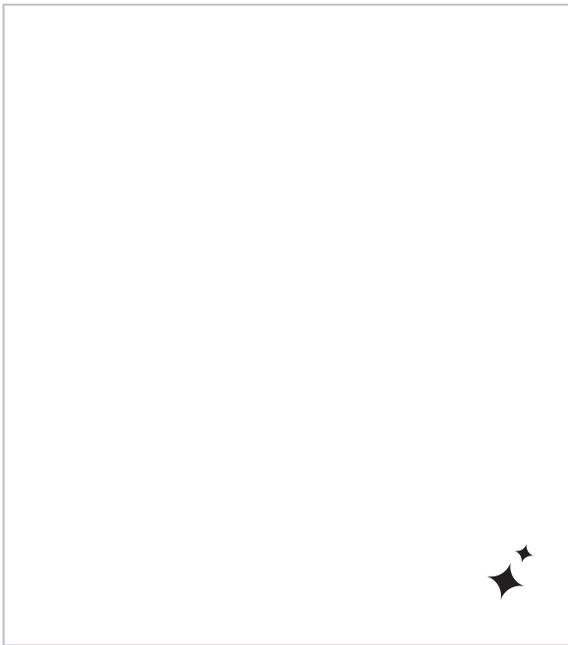
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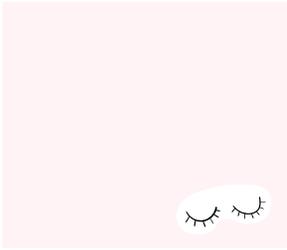
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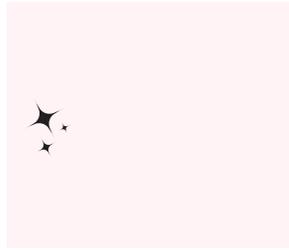
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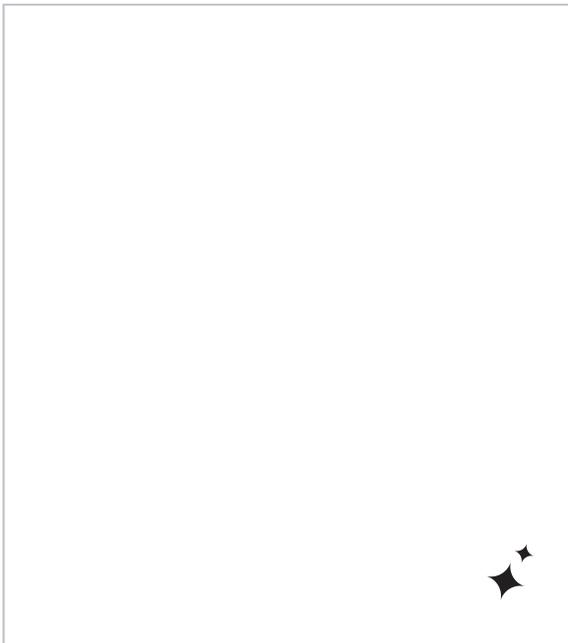
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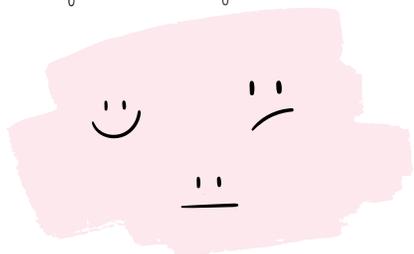


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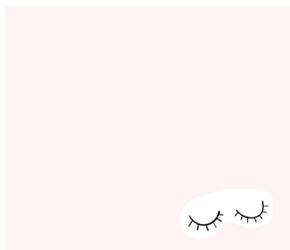
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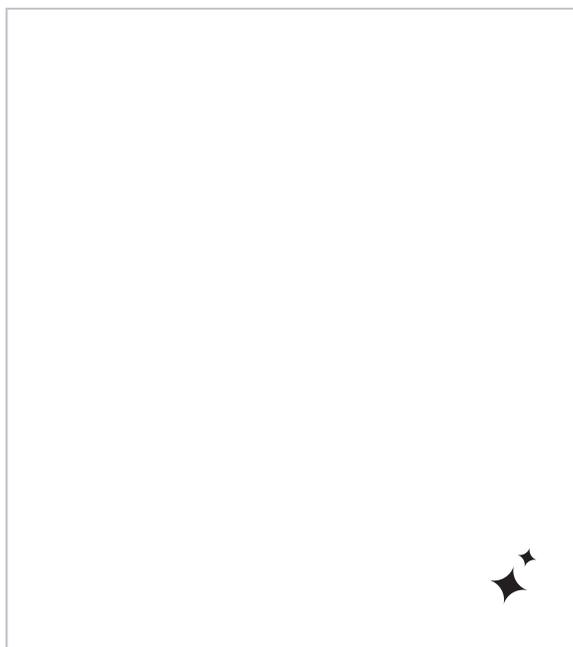
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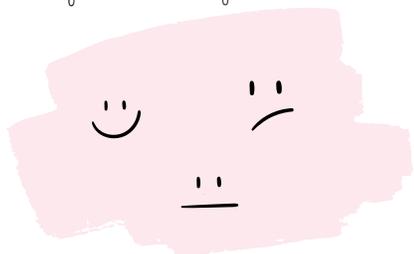
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Today's Wellness



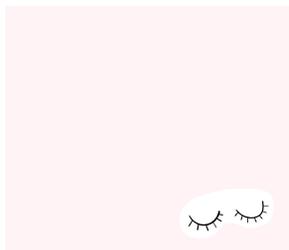
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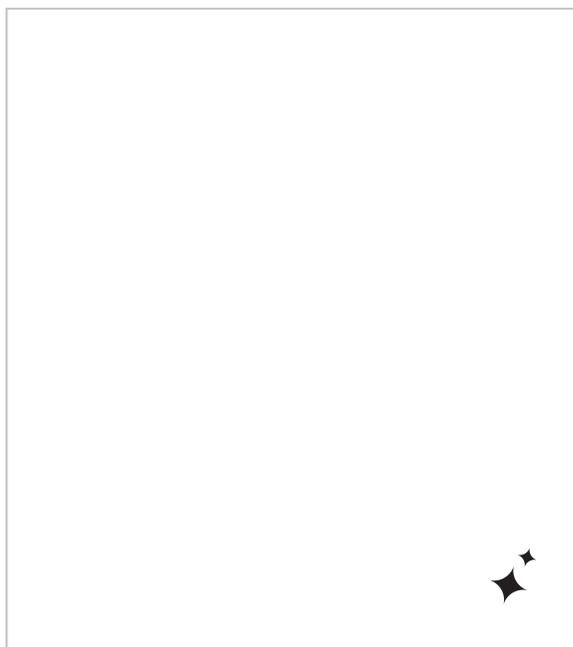
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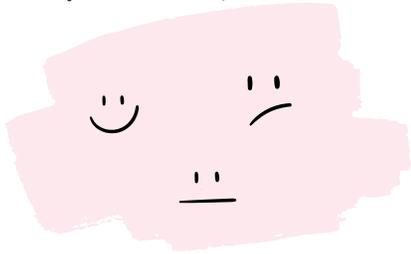
What I need to Let Go of:

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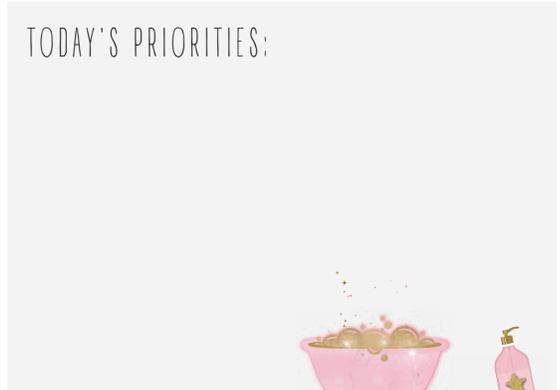
What I Love about Me:

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Today's Wellness



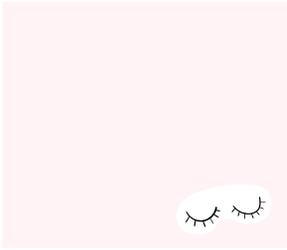
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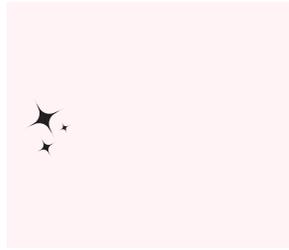
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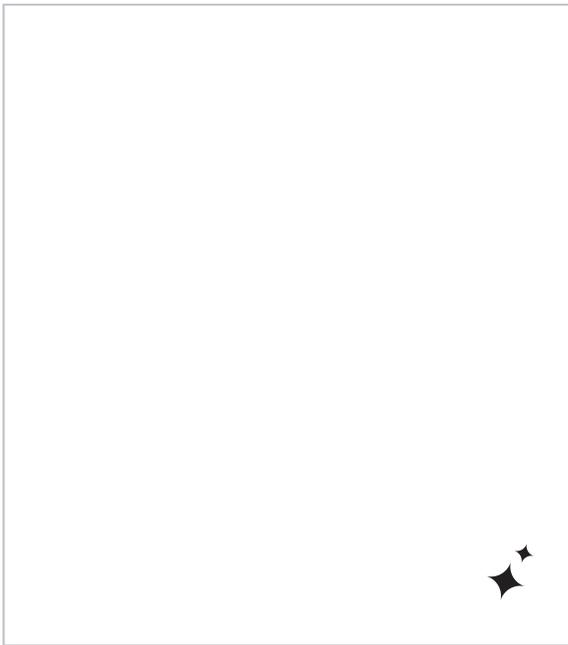
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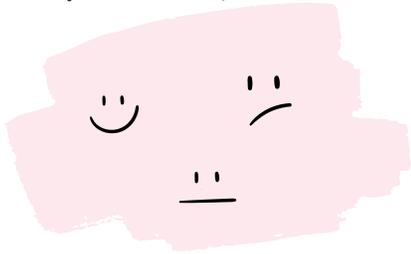
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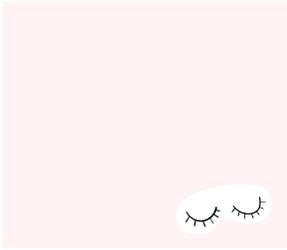
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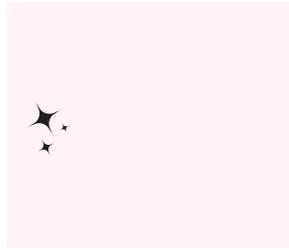
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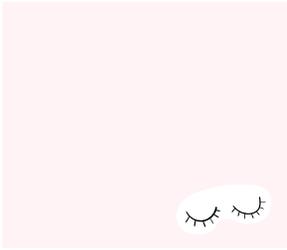
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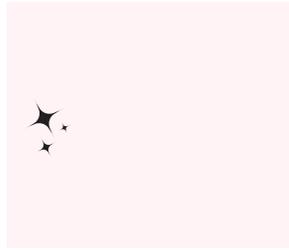
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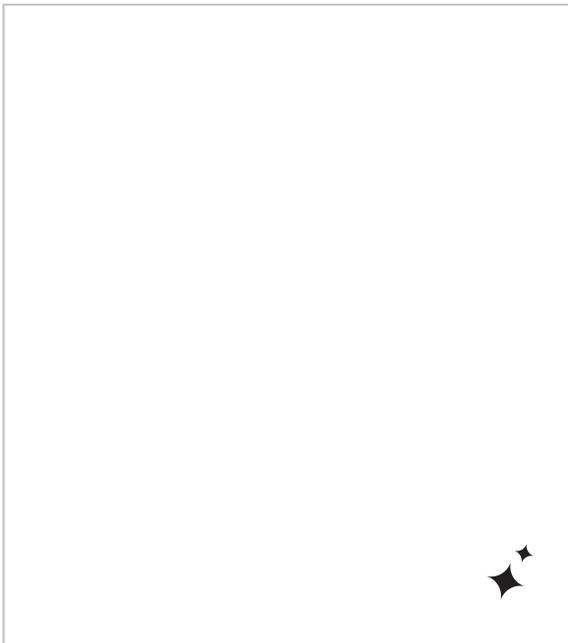
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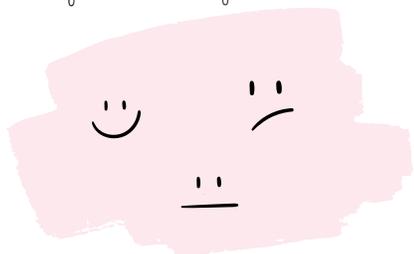


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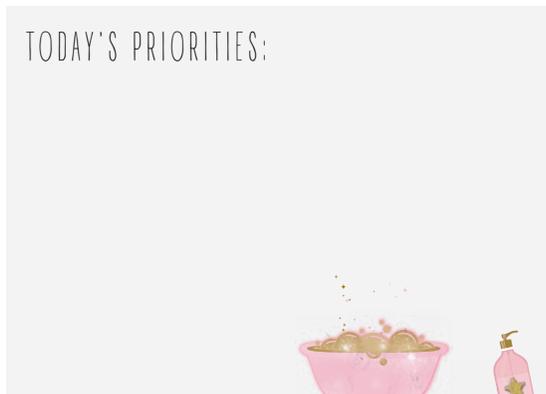
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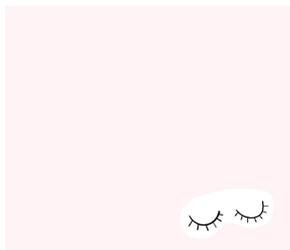
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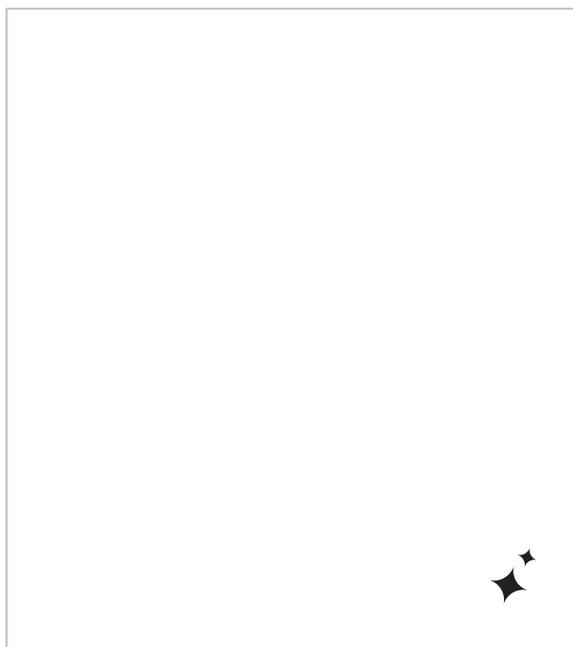
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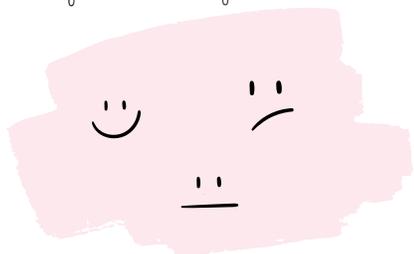
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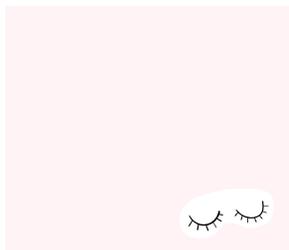
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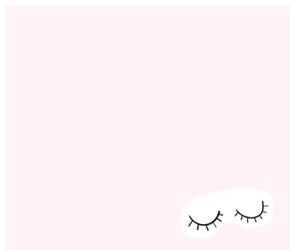
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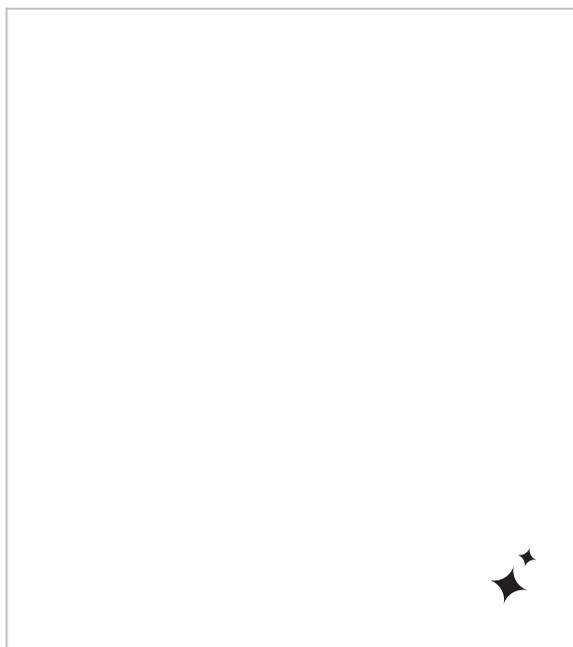
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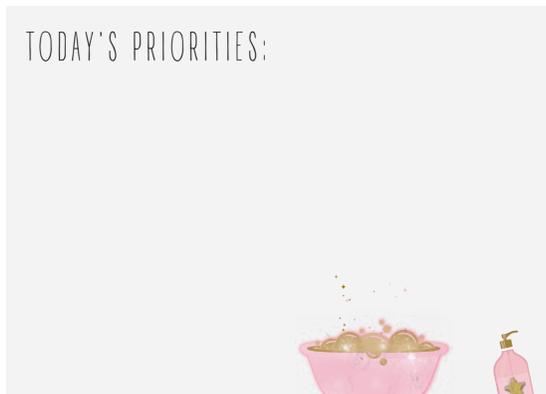
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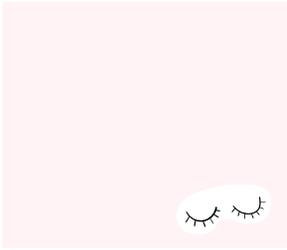
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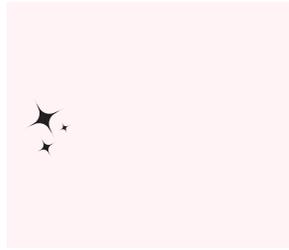
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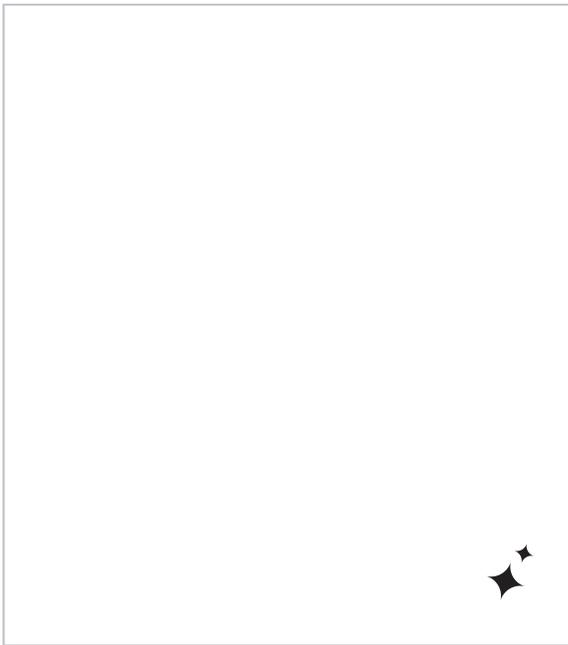
How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:



What I need to Let Go of:

 So Grateful for:



JOURNAL:

I AM 
Fabulous

