



This Journal Belongs to:

DATE:

Checking in with Myself:



At this moment, I feel:

I feel stressed about:



I am worried about:

I feel guilty about:



Things I am finding difficult:



Checking in with Myself:



Ways I cope with my feelings and emotions:

Habits that I'd like to give up:

Healthy habits I'd like to try:



My current support system/family and friends that I can ask for help when I need it:

Things that are beautiful about me:





My Goals:

FINANCIAL GOALS

Short Term:



Long Term:



How I Can Reach My Goals:

SETTING MY BOUNDARIES

Say No To:





MY OTHER GOALS

HAPPINESS GOALS







SELF CARE GOALS



Self Care Ideas:



- Me Time
- Go Outside 
- Connect with Loved Ones
- Read a Book
- Take a Nap
- Exercise 
- Journal My Thoughts
- Eat Healthy Food
- Stay Hydrated 
- Gratitude 
- Practice Yoga and Mindfulness



WAYS I LIKE TO DE-STRESS:




MORE IDEAS:




THINGS I LIKE TO DO FOR FUN





THINGS I LOVE ABOUT ME:





A Creative Space for all of my Worries:



you deserve your own self love, kindness and compassion



My Hopes and Dreams for the Future:



my inner strength is bigger than my challenges

I AM

WORTHY



of self love

WEEK OF _____

This Week:



SAY NO TO:



THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



Self Care Tracker:

HABIT: _____



REST YOUR MIND

BE PRESENT

My Body Feels: _____

My Mind Feels: _____

* focus on the present moment *

Things I found difficult this week:

GRATITUDE

TAKING CARE OF ME

What's on my mind?

Thoughts and Feelings:

Things I can do for fun:

LO

RELAX AND REST

NOTE TO SELF:

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT

M T W T F S S



Today I feel:



let it all go

Today's Goal:



I am worried about:

This upset me today:

Things I can try to let go of:

Self Care CHECKLIST:



Healthy Habits:

Relaxation Routine:

This made me stressed:

I CAN ASK FOR HELP



BED TIME:



I love MYSELF BECAUSE:



I'm grateful for:



IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

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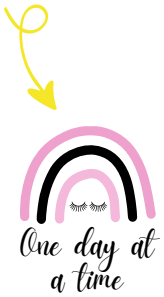


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Xo.

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Pretty Mama, what's on your mind?



Lined writing area with horizontal lines.





Note to Self:

*I am already
Enough*

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♥ One day at a time
xo.

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Reminder:
JUST
KEEP
GOING.
Xo



strong

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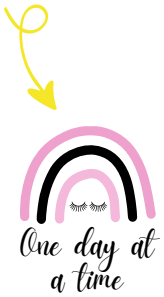


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This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a decorative element consisting of a thick, irregular black brushstroke. Inside this black shape, the words "You are doing Amazing" are written in a white, elegant cursive script.



ONE
STRONG
MAMA

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This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a decorative element consisting of a black, textured brushstroke shape. Inside this black shape, the words "You are doing Amazing" are written in a white, elegant cursive script.



A light pink rectangular piece of paper with a torn, deckled edge. A small, solid pink rectangular clip is attached to the top edge, slightly to the left of the center. The paper is centered on a plain white background.

*I can
do this.*

WEEK OF _____

This Week:



SAY NO TO:



THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



Self Care Tracker:

HABIT: _____



REST YOUR MIND

BE PRESENT

My Body Feels: _____

My Mind Feels: _____

* focus on the present moment *

Things I found difficult this week:

GRATITUDE



What's on my mind?

Thoughts and Feelings:

LO

Things I can do for fun:

NOTE TO SELF:



CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT

M T W T F S S



Today I feel:



let it all go

Today's Goal:



I am worried about:

This upset me today:

Things I can try to let go of:

Self Care CHECKLIST:



Healthy Habits:

Relaxation Routine:



This made me stressed:

I CAN ASK FOR HELP



I love MYSELF BECAUSE:



I'm grateful for:



BED TIME:



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Pretty Mama, what's on your mind?



Lined area for writing.



*I will feel
better ♥*

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TAKING CARE OF ME



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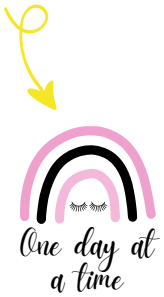


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“

...PRETTY MAMA

you've got this.

”

A Loving Note from my Future Self:

DATE:

Be your
own HERO.

