



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:



HAPPINESS GOALS



How I Can Reach My Goals:

● ●

● ●

SETTING MY BOUNDARIES

Say No To:



SELF CARE GOALS



MY OTHER 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:



THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



SAY NO TO:



BE PRESENT

My Body Feels:

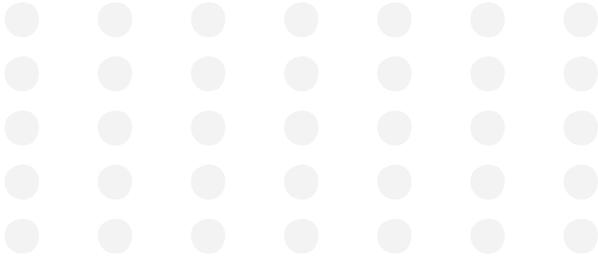
My Mind Feels:

REST YOUR MIND

focus on the present moment

Self Care Tracker:

HABIT:



Things I found difficult this week:



What's on my mind?

Thoughts and Feelings:

GRATITUDE



Things I can do for fun:

LO



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



One day at a time



Reminder: JUST KEEP GOING. XOXO

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:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

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Note to Self:

*I am already
Enough*

WEEK OF _____

This Week:



THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



SAY NO TO:



BE PRESENT

My Body Feels:

My Mind Feels:

REST YOUR MIND

focus on the present moment

Self Care Tracker:

HABIT: _____



Things I found difficult this week:



What's on my mind?

Thoughts and Feelings:

GRATITUDE



Things I can do for fun:

LO



NOTE TO SELF:



CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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One day at a time



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HOURS OF SLEEP:

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find your
INNER STRENGTH



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THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



SAY NO TO:



BE PRESENT

My Body Feels:

My Mind Feels:

REST YOUR MIND

focus on the present moment

Self Care Tracker:

HABIT: _____



Things I found difficult this week:



What's on my mind?

Thoughts and Feelings:

GRATITUDE



Things I can do for fun:

LO



NOTE TO SELF:



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HOURS OF SLEEP:

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BED TIME:

IT WILL BE OKAY XOXO

Pretty Mama, what's on your mind?



*You
are
doing
Amazing*

♥ One day at a time
xo.

WEEK OF _____

This Week:



THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



SAY NO TO:



BE PRESENT

My Body Feels:

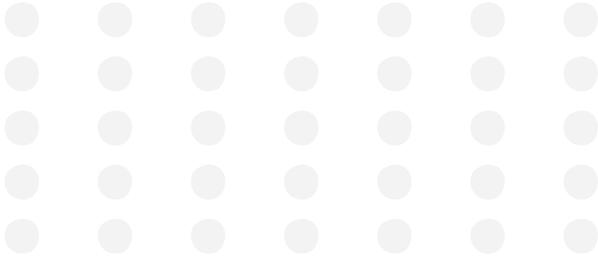
My Mind Feels:

REST YOUR MIND

focus on the present moment

Self Care Tracker:

HABIT:



Things I found difficult this week:



What's on my mind?

Thoughts and Feelings:

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Things I can do for fun:

LO



NOTE TO SELF:



CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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IT WILL BE OKAY



XL

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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One day at a time



Reminder: JUST KEEP GOING. XOXO

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Pretty Mama, what's on your mind?



You
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doing
Amazing



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SAY NO TO:



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My Body Feels:

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focus on the present moment

Self Care Tracker:

HABIT:



Things I found difficult this week:



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Things I can do for fun:

LO



NOTE TO SELF:



CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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M T W T F S S



Today I feel:



let it all go

Today's Goal:



One day at a time

I am worried about:

This upset me today:

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Self Care CHECKLIST:

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BED TIME:

I love MYSELF BECAUSE:



I'm grateful for:



IT WILL BE OKAY



XL.

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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let it all go



One day at a time



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XL

Pretty Mama, what's on your mind?



A series of horizontal lines for writing.

You
are
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Amazing



ONE

STRONG

MAMA

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REST YOUR MIND

* focus on the present moment *

Self Care Tracker:

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BED TIME:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



M T W T F S S

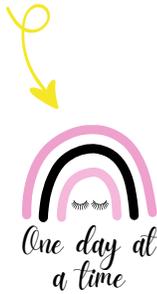


Today I feel:



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:

IT WILL BE OKAY



XL.

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:



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Self Care CHECKLIST:

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IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



M T W T F S S



Today I feel:



let it all go



One day at a time



Reminder: JUST KEEP GOING. XOXO

Today's Goal:



I am worried about:

This upset me today:

Things I can try to let go of:

Self Care CHECKLIST:

- ★
- ★
- ★

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I'm grateful for:



BED TIME:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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Today I feel:



let it all go



Today's Goal:



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Things I can try to let go of:

Self Care CHECKLIST:

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- ★
- ★

Healthy Habits:

Relaxation Routine:

This made me stressed:

I CAN ASK FOR HELP



I love MYSELF BECAUSE:



I'm grateful for:



BED TIME:

IT WILL BE OKAY XOXO

A pink paper note with a pink clip is centered on a white background. The note has a slightly wavy, torn edge. The text "I can do this." is written in a yellow, cursive font. The clip is a simple, rectangular shape with a slightly textured appearance.

*I can
do this.*

WEEK OF _____

This Week:



THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



SAY NO TO:



BE PRESENT

My Body Feels:

My Mind Feels:

REST YOUR MIND

focus on the present moment

Self Care Tracker:

HABIT:



Things I found difficult this week:



What's on my mind?

Thoughts and Feelings:

GRATITUDE

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's Goal:



Today I feel:



let it all go



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:



IT WILL BE OKAY XOXO

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:

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- ★

Healthy Habits:

Relaxation Routine:

This made me stressed:

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I love MYSELF BECAUSE:



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BED TIME:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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Today I feel:



let it all go



Today's Goal:



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This upset me today:

Things I can try to let go of:

Self Care CHECKLIST:

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- ★
- ★

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Relaxation Routine:

This made me stressed:

I CAN ASK FOR HELP



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BED TIME:



IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



M T W T F S S



Today I feel:



let it all go



One day at a time



Reminder: JUST KEEP GOING. XOXO

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:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



M T W T F S S



Today's Goal:



Today I feel:



let it all go



One day at a time



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:



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BED TIME:



IT WILL BE OKAY



XL

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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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:

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Healthy Habits:

Relaxation Routine:

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I'm grateful for:



BED TIME:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT

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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:

IT WILL BE OKAY Xo

*I will feel
better ♥*

WEEK OF _____

This Week:



THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



SAY NO TO:



BE PRESENT

My Body Feels:

My Mind Feels:

REST YOUR MIND

focus on the present moment

Self Care Tracker:

HABIT: _____



Things I found difficult this week:



What's on my mind?

Thoughts and Feelings:

GRATITUDE

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



One day at a time



Reminder: JUST KEEP GOING. XOXO

Today's Goal:



I am worried about:

This upset me today:

Things I can try to let go of:

Self Care CHECKLIST:

- ★
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Healthy Habits:

Relaxation Routine:

This made me stressed:

I CAN ASK FOR HELP



I love MYSELF BECAUSE:



I'm grateful for:



BED TIME:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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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:

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Healthy Habits:

Relaxation Routine:

This made me stressed:

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I'm grateful for:



BED TIME:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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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:

- ★
- ★
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Healthy Habits:

Relaxation Routine:

This made me stressed:

I CAN ASK FOR HELP



I love MYSELF BECAUSE:



I'm grateful for:



BED TIME:



IT WILL BE OKAY XOXO

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:

Area for writing today's goal



I am worried about:

Horizontal lines for writing worries



Healthy Habits:

Area for writing healthy habits

This upset me today:

Horizontal lines for writing what upset you

Self Care CHECKLIST:



Relaxation Routine:

Things I can try to let go of:

Horizontal lines for writing things to let go of

This made me stressed:

Horizontal lines for writing stressors

I CAN ASK FOR HELP



I love MYSELF BECAUSE:



I'm grateful for:

Area for writing things you are grateful for



BED TIME:

Horizontal lines for writing bed time

IT WILL BE OKAY



XO.

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:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



M T W T F S S



Today's Goal:



Today I feel:



let it all go



One day at a time



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:



IT WILL BE OKAY



XL

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:

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Healthy Habits:

Relaxation Routine:

This made me stressed:

I CAN ASK FOR HELP



I love MYSELF BECAUSE:



I'm grateful for:



BED TIME:



IT WILL BE OKAY XOXO



PROUD
OF
MYSELF

The image features a central black brushstroke shape. Inside this shape, the words "PROUD", "OF", and "MYSELF" are stacked vertically. "PROUD" and "MYSELF" are in a light pink color, while "OF" is in a bright yellow color. Three small, four-pointed pink stars are scattered around the brushstroke: one to the upper left, one to the right, and one below the bottom edge.

WEEK OF _____

This Week:



THIS WEEK'S FOCUS:

Wellness GOALS FOR THIS WEEK:

Mind:

Body:



SAY NO TO:



BE PRESENT

My Body Feels:

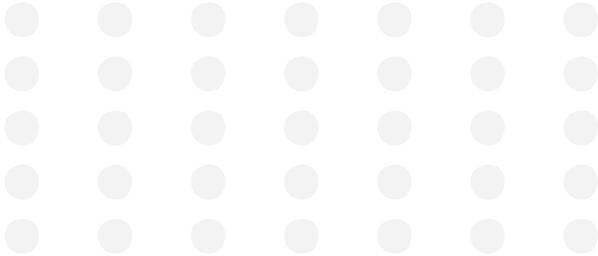
My Mind Feels:

REST YOUR MIND

focus on the present moment

Self Care Tracker:

HABIT:



Things I found difficult this week:



What's on my mind?

Thoughts and Feelings:

GRATITUDE



Things I can do for fun:

LO



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:

IT WILL BE OKAY XOXO

CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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Today I feel:



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Today's Goal:



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IT WILL BE OKAY XOXO

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HOURS OF SLEEP:

HAPPY THOUGHT



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Today I feel:



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Today's Goal:



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Healthy Habits:

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HOURS OF SLEEP:

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M T W T F S S



Today's Goal:



Today I feel:



let it all go



One day at a time



I am worried about:

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Self Care CHECKLIST:

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IT WILL BE OKAY



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CHECKING IN WITH MYSELF



HOURS OF SLEEP:

HAPPY THOUGHT



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HOURS OF SLEEP:

HAPPY THOUGHT



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This made me stressed:

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I love MYSELF BECAUSE:



I'm grateful for:



BED TIME:

IT WILL BE OKAY XOXO

Pretty Mama, what's on your mind?



You
are
doing
Amazing

“

...PRETTY MAMA

you've got this.

”

beautiful
you

A pink brushstroke background with the text "beautiful you" in white cursive. Below the text is a yellow flourish.