

Self – Care journals are a way to keep track of how you are looking after yourself.

For myself I find it much clearer when I've got plans written down!

Please do not worry if you don't have an idea for every question right away, over time, it will become easier – this is just for you to keep and look back on as you go along.



Self – Care Journal Template

Date:

Morning Check – In

How did I sleep last night?

How do I feel physically?

How do I feel mentally?

What is my goal for today?

Self – Care Plan

Physical Care (movement, rest, nourishment, activities)

Emotional Care (journaling, therapy, reading, setting boundaries)

Mental Care (Connection, Communication)

Something I am looking forward to?

Evening Reflection

What went well today?

What challenged me today?

How did I show myself kindness?

Something I learned about myself today?

Mood Tracker (Optional)

Circle your mood today:

