



*GUIDED LIFE*

# DAILY SELF CARE JOURNAL



WANDIECO CREATIONS



# HOW TO USE

TO USE THESE SELF-CARE JOURNAL PAGES, EITHER PRINT OUT THESE PAGES, COMPLETE AS NEEDED OR GET A BLANK NOTEBOOK, VIEW THE PAGES ON SCREEN, AND USE THE PROMPTS TO WRITE YOUR RESPECTIVE ANSWERS. CHOOSE WHATEVER FEELS COMFORTABLE FOR YOU TO EXPRESS YOURSELF.

YOUR SELF-CARE JOURNAL IS A PRIVATE SPACE FOR YOUR THOUGHTS, WHERE YOU CAN WRITE WITHOUT JUDGMENT. THE GOAL IS FOR SELF-EXPRESSION, TO REFLECT AND EXPLORE YOUR EMOTIONS, REACTIONS AND COPING METHODS. WRITING CAN ALSO BE USED TO BRAIN DUMP, SET GOALS AND INTENTIONS AND TO PRACTICE GRATITUDE.

## GETTING STARTED:

- **MINDSET:** A JOURNALING MINDSET IS A DELIBERATE AND REFLECTIVE PRACTICE TO INTENTIONALLY SHIFT FROM NEGATIVE OR FIXED PATTERNS TO MORE POSITIVE AND GROWTH-ORIENTED ONES.
- **SET A ROUTINE:** START BY ESTABLISHING A CONSISTENT TIME AND PLACE FOR WRITING. DEDICATE A SPECIFIC TIME EACH DAY, WHETHER IT'S IN THE MORNING OR AT THE END OF YOUR DAY TO MAKE JOURNALING A CONSISTENT HABIT.
- **CREATE A SOOTHING ATMOSPHERE:** FIND A QUIET, COMFORTABLE SPACE TO GATHER YOUR THOUGHTS. MAKE SURE YOU HAVE GOOD WORKING PENS; ENSURE YOU HAVE GOOD LIGHTING AND CONSIDER PUTTING ON SOME BACKGROUND MUSIC TO GET IN THE MOOD AND GET FOCUSED.

## SUCCESSFUL PRACTICE TIPS:

- **DON'T BE RIGID:** YOUR JOURNAL DOESN'T HAVE TO BE PERFECT. WRITE WHAT FEELS RIGHT FOR YOU, WHETHER IT'S SHORT SENTENCES OR LONG PARAGRAPHS. DON'T WORRY ABOUT SPELLING OR GRAMMAR. YOU'RE THE ONLY ONE WHO NEEDS TO READ THE CONTENT.
- **LET IT FLOW:** IT IS NOT HOMEWORK OR ABOUT PERFECTION. BEGIN BY USING THE PROMPTS OR FREE-WRITE TO DOCUMENT YOUR DAY, IDENTIFYING FEELINGS, BEHAVIORS AND REACTIONS TO EVENTS. WRITE DOWN WHATEVER COMES TO MIND WITHOUT JUDGMENT, FOCUSING ON YOUR FEELINGS AND WORRIES. USE YOUR JOURNAL TO WORK THROUGH NEGATIVE FEELINGS BY CONSCIOUSLY DECIDING WHAT TO FORGIVE AND WHAT TO LET GO. TAKE TIME TO REFLECT ON YOUR ENTRIES, NOTING HOW DIFFERENT TOPICS OR EMOTIONS MAKE YOU FEEL. THIS CAN REVEAL MINDSETS THAT NEED ATTENTION



# MY DAY TODAY

AT THE START OF THE DAY FILL IN THE SPACES BELOW TO CHECK IN WITH YOURSELF & SET THE INTENTIONS FOR YOUR DAY

SLEEP



MOOD



TODAY'S TOP 3 GOALS

01

02

03

TO DO TODAY OR DONE

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

DAILY AFFIRMATIONS



MEALS

BREAKFAST

LUNCH

DINNER

OTHER



# 8 Areas of Self-Care

## COGNITIVE

### HELPS YOU RESET/RELAX

- Mindfulness/Affirmations
- Positive Self-Talk
- Journaling
- Taking Breaks During Day
- Taking Vacation
- Going to Therapy



## PERSONAL

### HELPS MANAGE EMOTIONS

- Being Grateful
- Forgiveness/Grace
- Grooming
- Relaxation
- Listening to Music



## PHYSICAL

### HELPS YOUR PHYSICAL HEALTH

- Good Nutrition
- Meal Prep/Planning
- Exercise
- Make Doctor's Appointments
- Getting Enough Sleep



## RELATIONSHIPS

### HELPS YOU CONNECT SOCIALLY

- Quality Time w/ Close Family
- Socialization w/ Friends
- Positive Social Media
- Setting Boundaries
- Asking for Help



## SPIRITUALLY

### HELPS NURTURE YOUR SOUL

- Time Alone
- Meditation
- Yoga
- Nature
- Religious Fellowship
- Prayer



## INTELLECTUAL

### HELPS STIMULATE YOUR MIND

- Creating/Art
- Reading
- Hobbies
- New Experiences
- Continuing Education



## ENVIRONMENT

### HELPS INCREASE COMFORT

- Healthy
- Safe & Stable
- Personalized
- Clean & Organized
- Calm & Peaceful



## FINANCES

### HELPS MINIMIZE FUTURE STRESS

- Budgeting
- Saving
- Paying Bills
- Retirement Contributions
- Periodically Reward Yourself

