

SELF-CARE REFLECTION

WHAT SELF-CARE ACTIVITIES DID I DO TODAY?

took a break
read a book
listened to music
exercised/moved my body
ate a nutritious meal
prioritized my sleep
stretched
talked to a friend
spent time in nature
had a moment of quiet/meditation
prayed or practiced gratitude
journalled my thoughts

WHAT CHALLENGES DID I FACE TODAY?

HOW DID I SHOW MYSELF KINDNESS TODAY?

DATE: _____

HOW AM I FEELING? (1-10)

01 02 03 04 05 06 07 08 09 10
NOT GREAT FANTASTIC

HOW WAS MY SLEEP LAST NIGHT? (1-10)

01 02 03 04 05 06 07 08 09 10
NOT GREAT FANTASTIC

WHAT IS SOMETHING I AM GRATEFUL FOR TODAY?

WHAT IS ONE THING I CAN DO TOMORROW TO TAKE CARE OF MYSELF?

NOTES & REFLECTIONS
