

# 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

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WHAT CHALLENGES DID I FACE TODAY?

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HOW DID I SHOW MYSELF KINDNESS TODAY?

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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?

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

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NOTES & REFLECTIONS

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