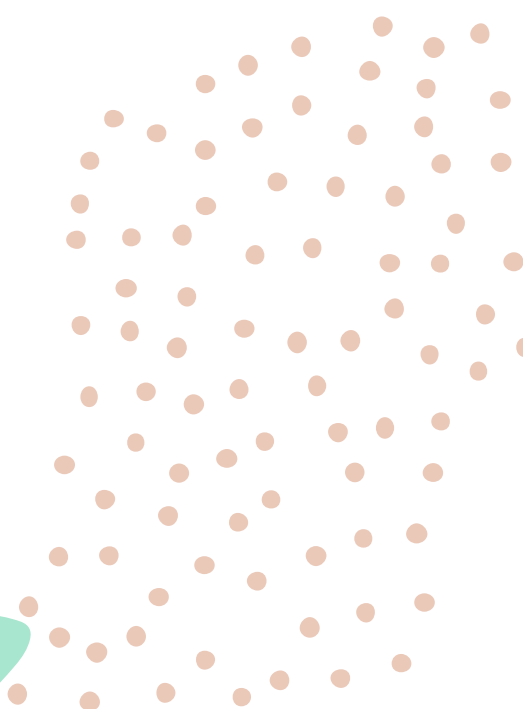




# Self-Care Journal



# About me



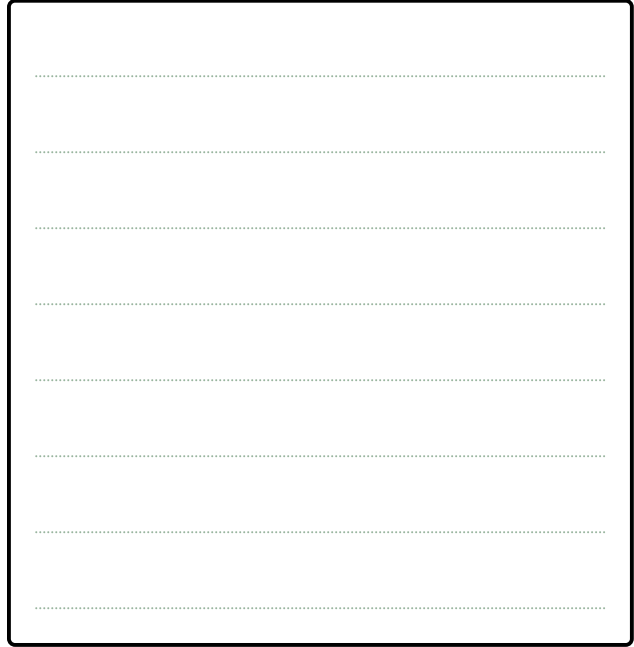
# My Bucket List

WRITE DOWN ALL THE THINGS YOU WANT TO DO EACH SEASON

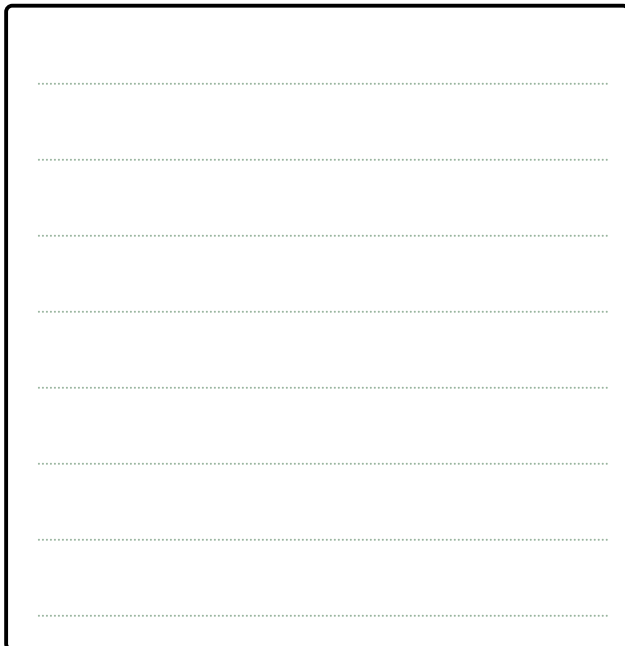
SUMMER



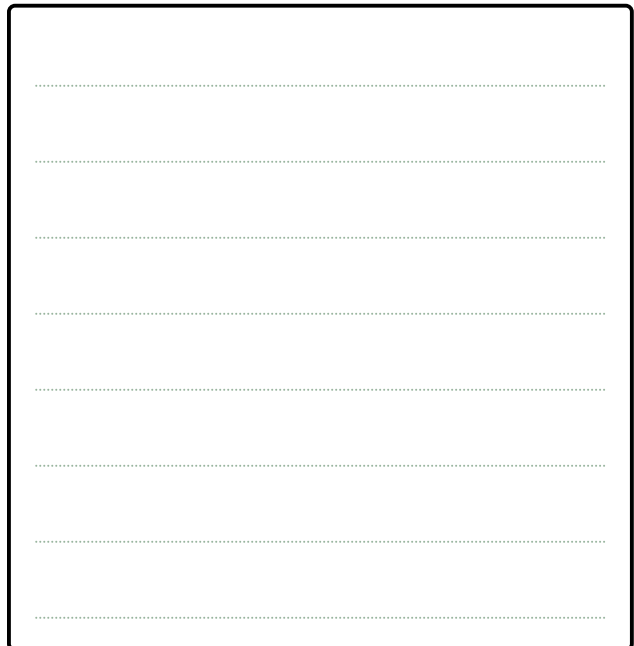
WINTER



AUTUMN



SPRING



# Self love Letter

A series of horizontal dotted lines for writing.

# My Happy Place

## MY FAVORITE BOOKS



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

## MY FAVORITE SONGS



\_\_\_\_\_



\_\_\_\_\_



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\_\_\_\_\_



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\_\_\_\_\_

## MY FAVORITE GAMES



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

# My Happy Place

## MY FAVORITE BOOKS



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



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## MY FAVORITE SONGS



\_\_\_\_\_



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## MY FAVORITE GAMES



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

# Life Balance Wheel

THIS WORKSHEET IS DESIGNED FOR YOU TO GET A QUICK GLIMPSE INTO YOUR LIFE ACROSS A VARIETY OF CATEGORIES. THIS WAY, YOU HAVE AN IDEA OF YOUR HAPPINESS AND WHAT YOU CAN IMPROVE. RATE EACH CATEGORY FROM 1 TO 10, 1 MEANS YOU ARE NOT COMPLETELY SATISFIED, AND 10 MEANS YOU ARE OVER THE MOON. THEN ON THE NEXT PAGE, FILL IN WHAT YOU ARE HAPPY WITH AND WHY, WHAT NEEDS SOME WORK AND HOW YOU THINK YOU CAN IMPROVE THE SITUATION

The Life Balance Wheel is a circular diagram divided into eight equal segments by a vertical line, a horizontal line, and two diagonal lines. Each segment is labeled with a life category and a 'Rating:' prompt. The categories are: Finance, Personal Growth, Health, Friends, Love, Leisure, Home, and Career.

Category	Rating
Finance	Rating:
Personal Growth	Rating:
Health	Rating:
Friends	Rating:
Love	Rating:
Leisure	Rating:
Home	Rating:
Career	Rating:





# Self-care Planners



# Self-Care Goals

## MIND GOALS



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---



---

## BODY GOALS



---



---



---

## OTHER GOALS



---



---



---

# Positive Thinking

Write Down Your Negative Thought

Is This True or Useful

What Factors Might Be Contributing

List Evidence To Support It

List Evidence To Support It

Try And Phrase The Same Thought Into Something more Realistic





# Self-Care Activity Calendar

DATE : \_\_\_\_\_

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**What are my intentions for this month?**

---

---

---

---

**What habits and rituals do I want to practice this month?**

---

---

---

---

**How do I want to feel at the end of this month?**

# Weekly Planner

DATE : \_\_\_\_\_

Monday

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Tuesday

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Wednesday

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Thursday

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Friday

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Saturday

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Sunday

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Next Week



# Daily Planner

DATE : \_\_\_\_\_

DAILY SCHEDULE	
6AM	_____
	_____
7AM	_____
	_____
8AM	_____
	_____
9AM	_____
	_____
10AM	_____
	_____
11AM	_____
	_____
12AM	_____
	_____
1AM	_____
	_____
2AM	_____
	_____
3AM	_____
	_____
4AM	_____
	_____
5AM	_____
	_____
7AM	_____
	_____
8AM	_____
	_____

PRIORITIES	
●	_____
●	_____
●	_____
●	_____
●	_____

AFFIRMATIONS	
●	_____
●	_____
●	_____
●	_____
●	_____

GRATITUDE	
●	_____
●	_____
●	_____
●	_____
●	_____

OTHER NOTES









# Gratitude Exercises

# Daily Gratitude

**DATE :**

**Today I am grateful for :**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**My happy moments today:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Thoughts**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Gratitude Log

## **Things I'm thankful for:**

Even if they're small things, like the warm sun on your face, spending time indoors on a rainy day, etc.

## **The people in my life I'm really thankful for:**

Make a list of special people in your life and why you're thankful that you have them in your life

## **Things I'm looking forward to:**

What are some great things and opportunities you're looking forward to. How can you have more such things?

## **Potential problems:**

ex. saturated marketplace, differentiating my product

# Gratitude Jar

GRATITUDE MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY, AND  
CREATES A VISION FOR TOMORROW.





# Self-Care Exercises

# Vision Board

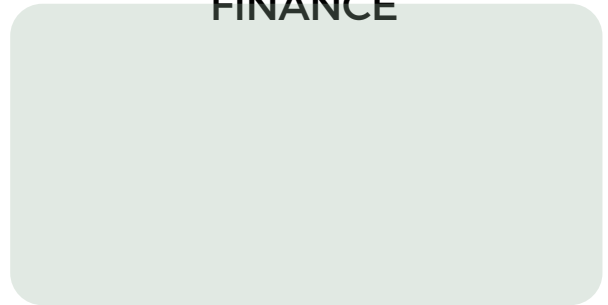
IN EACH CATEGORY, WRITE HOW YOU WOULD LIKE YOUR IDEAL LIFE TO BE. THE WORKBOOK BEHIND YOU, IS CREATED TO GIVE YOU AN IDEA OF THE THINGS YOU WANT TO STRIVE FOR.

WRITING YOUR VISION OF LIFE WILL HELP YOU TO MAKES IT REAL AND CREATES A ENGAGEMENT THAT FORCES YOU TO MOVE FORWARD AND MANIFEST YOUR GOALS.

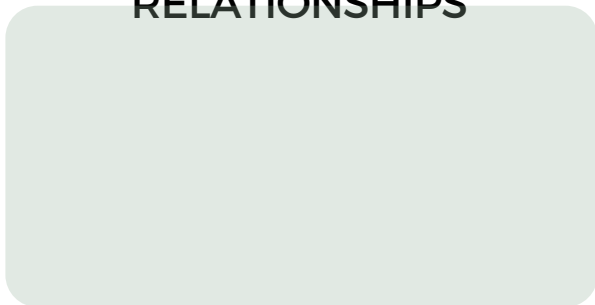
**CAREER**



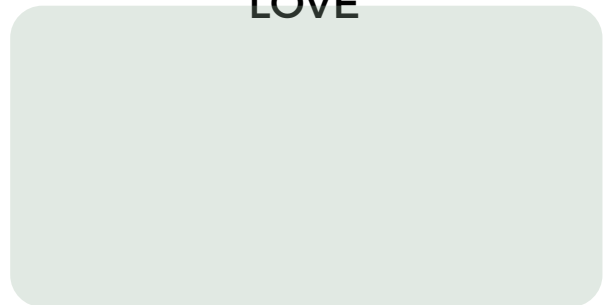
**FINANCE**



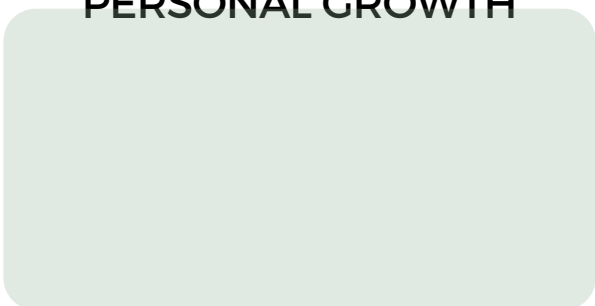
**RELATIONSHIPS**



**LOVE**



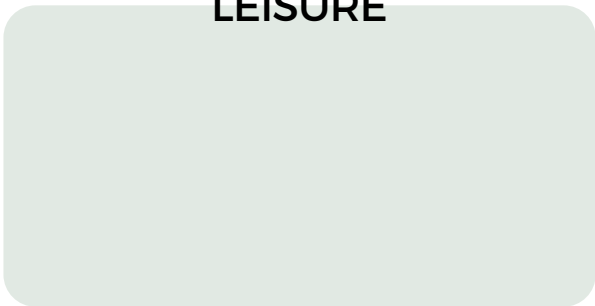
**PERSONAL GROWTH**



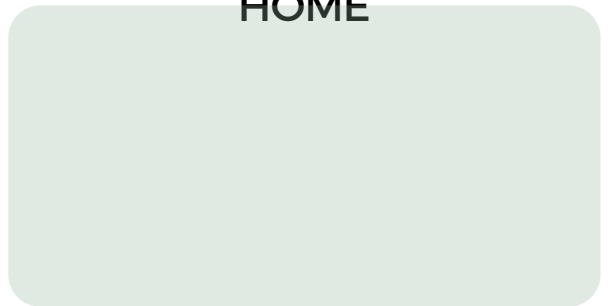
**HEALTH**



**LEISURE**



**HOME**



# Fear Setting

THIS EXERCISE IS LOOSELY BASED ON A SECTION FROM TIM FERRISS'S "4 HOUR WORK WEEK", AND INVOLVES THINKING ABOUT THE WORST POSSIBLE OUTCOMES OF AN ACTION YOU KNOW YOU SHOULD TAKE BUT ARE TOO AFRAID TO EXECUTE.

THIS ALLOWS YOU TO WRITE THREE CATEGORIES FOR EACH ACTION. FIRST, THE WORST POSSIBLE OUTCOMES. SECOND, HOW TO PREVENT THESE OUTCOMES. AND THIRD, HOW YOU CAN MITIGATE THE ADVERSE EFFECTS WHEN THESE OUTCOMES TRULY COME TO PASS

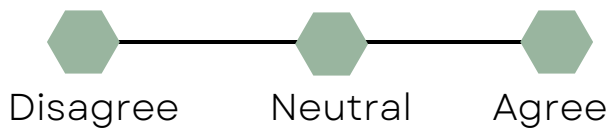
What action do you wish to take?

The worst outcomes	How to prevent	How to fix
What will happen long-term (1 year, 5 years, 10 years+) if I don't take this action?		

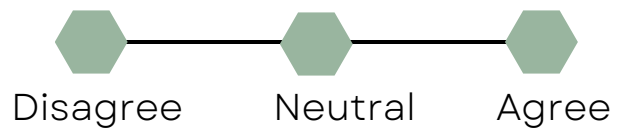
# Self-Assessment

IN THIS WORKSHEET, YOU CAN ASSESS YOUR WELL-BEING ALONG SEVERAL DIMENSIONS, INCLUDING PHYSICAL, EMOTIONAL, SPIRITUAL, AND PROFESSIONAL DIMENSIONS. AT THE END OF THIS REVIEW, THERE IS A BOX WHERE YOU CAN SEE WHAT YOU WOULD LIKE TO IMPROVE AND HOW YOU PLAN TO IMPROVE.

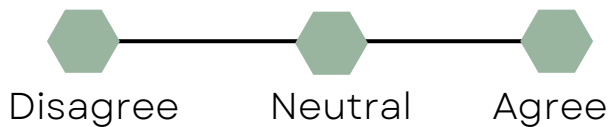
I eat healthy foods regularly



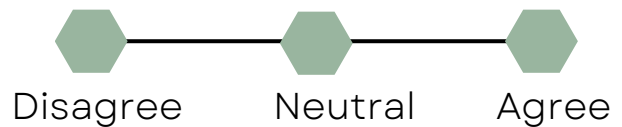
I get an adequate amount of sleep



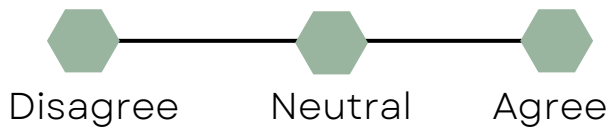
I exercise regularly



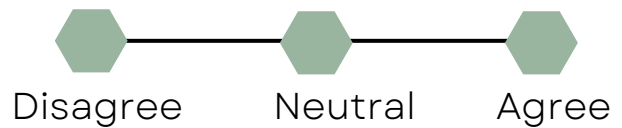
I rest when I'm sick



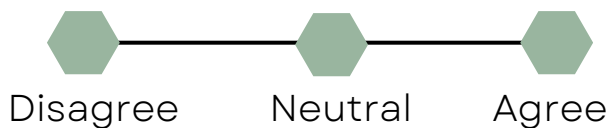
I take enough time off work



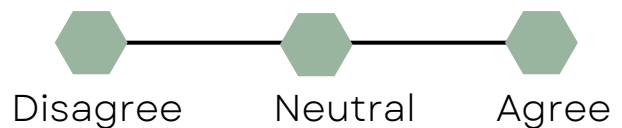
I have hobbies and passions that I enjoy



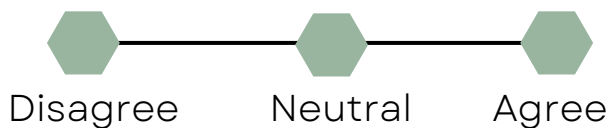
I speak openly about my problems



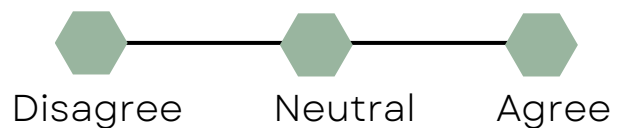
I spend time with friends and family



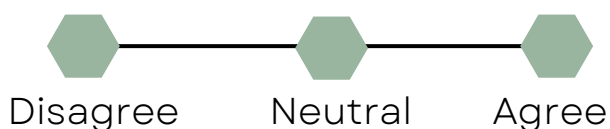
I work on my personal growth



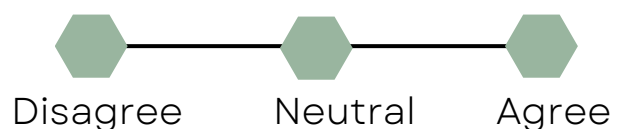
I feel grateful about many aspects of my life



I'm happy with my work



I work on my professional skills



# Self-Assessment

What would I like to improve and how:

# Level 10 life Inventory

A LEVEL 10 LIFE IS A PRODUCTIVITY METHOD CREATED BY HAL ELROD THAT HELPS YOU GET A BETTER UNDERSTANDING OF HOW YOU FEEL ABOUT THE CURRENT STATE OF YOUR LIFE. THE SYSTEM ALLOWS YOU TO STEP BACK AND REEVALUATE YOUR LIFE AND TAKE STEPS TO IMPROVE.

FAMILY/FRIENDS

SELF-DEVELOPMENT

SPIRITUALITY

FINANCES

CAREER

RELATIONSHIPS

RECREATION

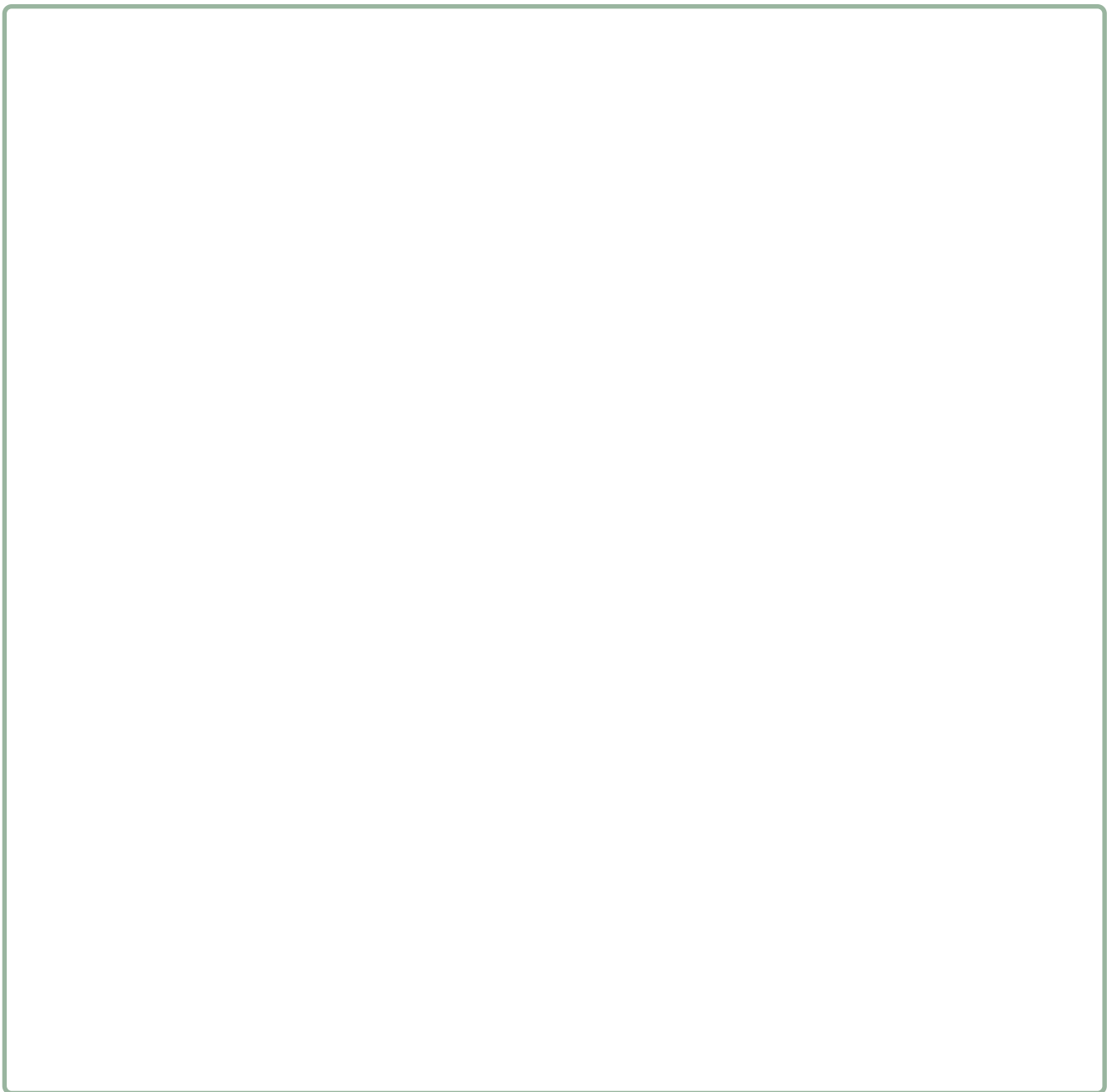
GIVING

ENIRONMENT

HEALTH

# Affirmations

HERE, YOU WILL WRITE POSITIVE AFFIRMATIONS THAT WILL HAVE A POSITIVE IMPACT ON THE ASPECTS OF YOUR LIFE THAT YOU ARE TRYING TO IMPROVE. FIRSTLY, WRITE YOUR STATEMENTS IN THE PRESENT TENSE USING THE PRONOUN "I". SECONDLY, USE AFFIRMATIVE AND POSITIVE WORDS (TRY TO AVOID CAN'T, SHOULDN'T, SHOULD'N'T, ETC.). FOR EXAMPLE, "I AM FULL OF ENERGY AND I ALWAYS ACT" INSTEAD OF "I DO NOT PROCRASTINATE." THIRDLY, IT IS IMPORTANT TO DEVELOP THE HABIT OF USING THESE AFFIRMATIONS WHEN YOU ARE DOING THE OPPOSITE OF WHAT YOU KNOW YOU SHOULD BE DOING.



# Weekly Reflection

DATE : \_\_\_\_\_

**WHAT WENT WELL THIS WEEK?**

**HOW CAN NEXT WEEK BE BETTER?**

**WHAT OBSTACLES DID I FACE THIS WEEK? WHAT CAN I DO BETTER THE NEXT TIME I FACE THIS OBSTACLE?**

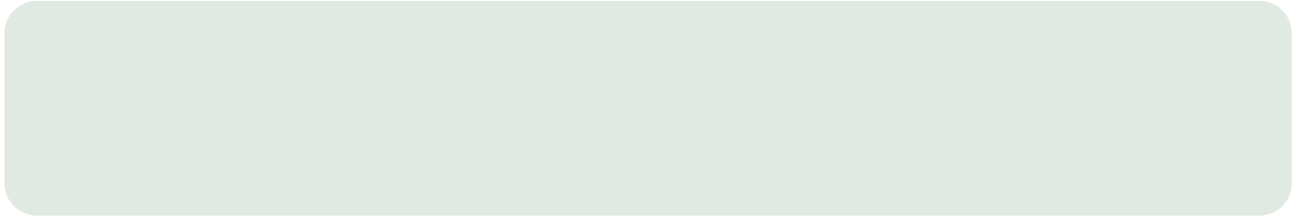
**HOW MUCH TIME DID I SPEND THIS WEEK WORKING TOWARD MY GOALS? WHAT CAN I DO TO BE MORE PRODUCTIVE NEXT WEEK?**

**HOW DID I FEEL THIS WEEK?**

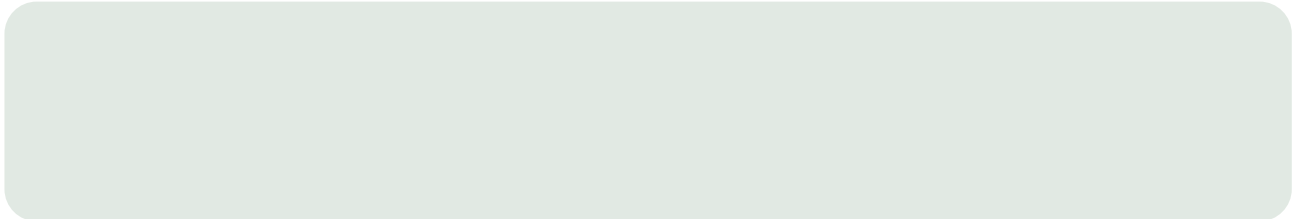
# Monthly Reflection

DATE : \_\_\_\_\_

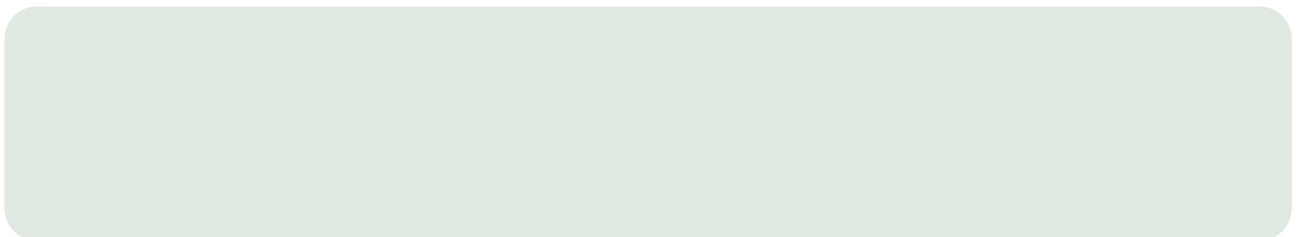
WHAT WENT WELL THIS MONTH?



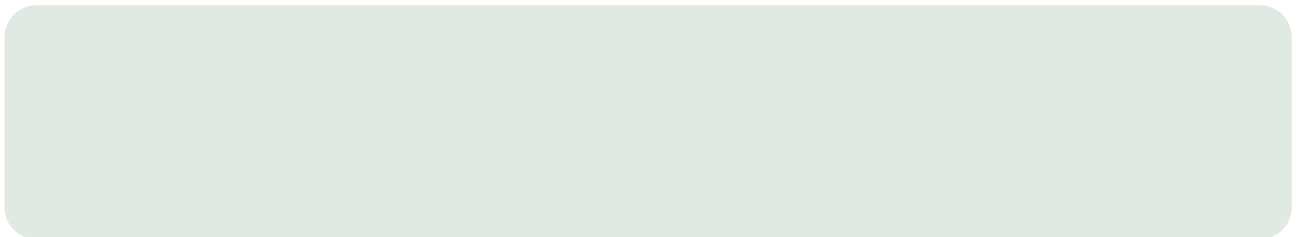
HOW CAN NEXT MONTH BE BETTER?



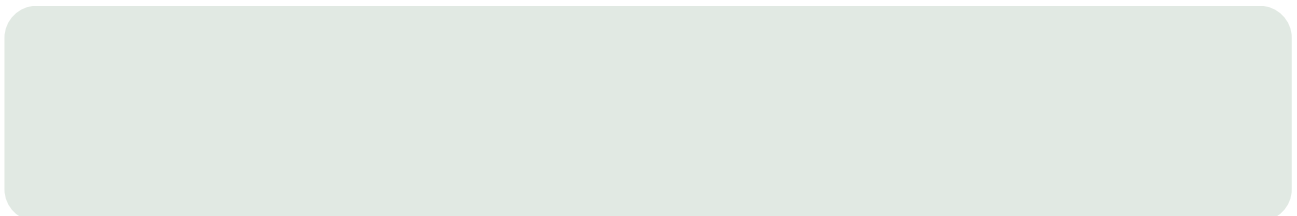
WHAT OBSTACLES DID I FACE THIS MONTH? WHAT CAN I DO BETTER THE NEXT TIME I FACE THIS MONTH?



HOW DID THIS MONTH BRING ME CLOSER TO MANIFESTING MY GOALS AND REALIZING MY LIFE VISION?



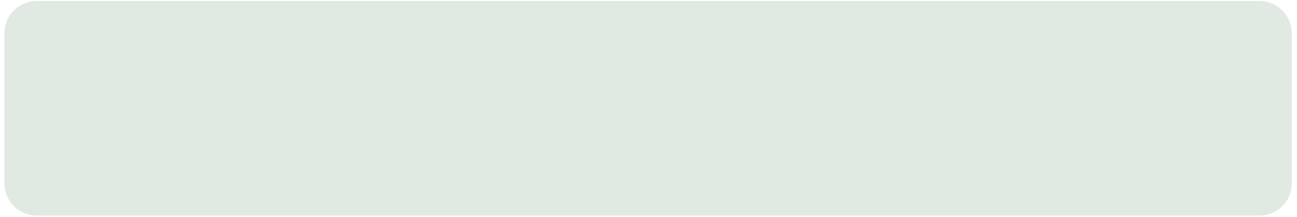
WHAT DID I DEVOTE MY TIME TO THIS MONTH? HOW CAN I SPEND MY TIME MORE PRODUCTIVELY NEXT MONTH?



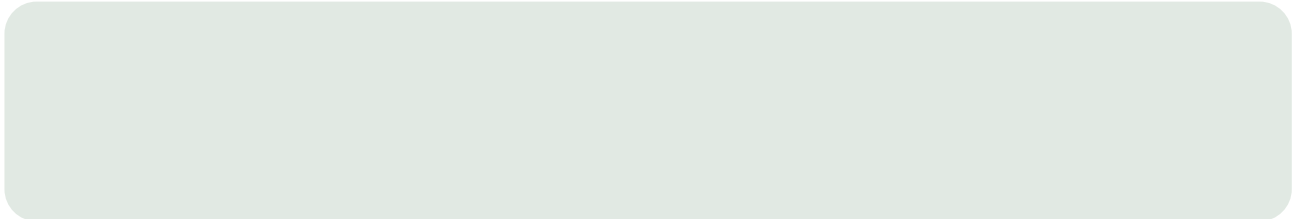
# Quarterly Reflection

DATE : \_\_\_\_\_

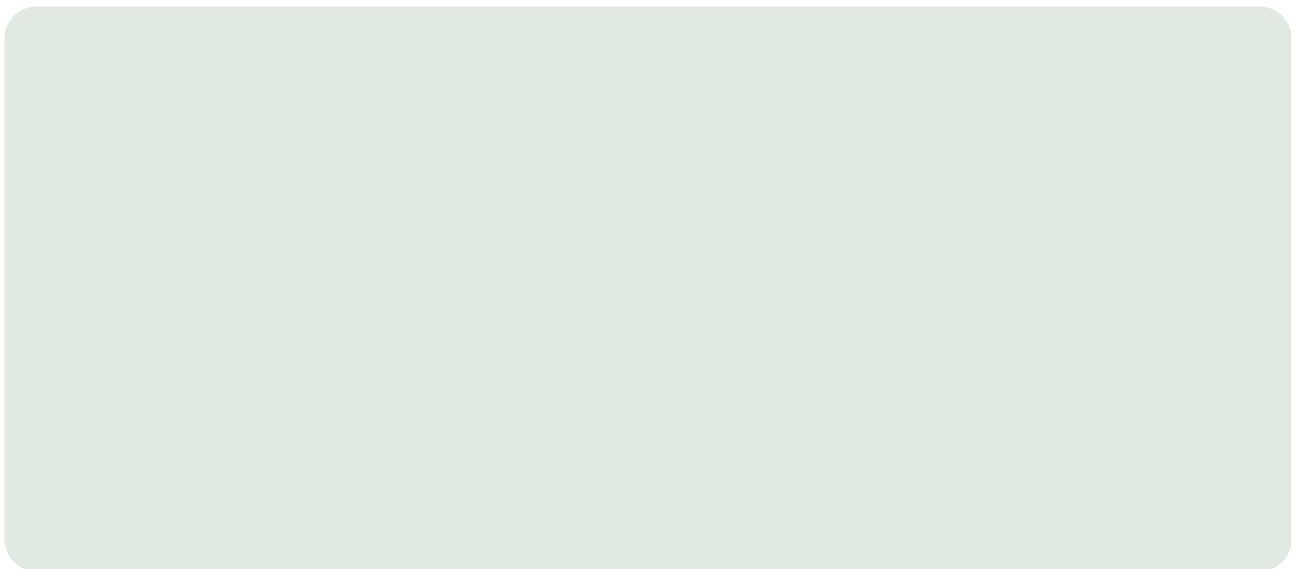
WHAT WENT WELL THIS QUARTER?



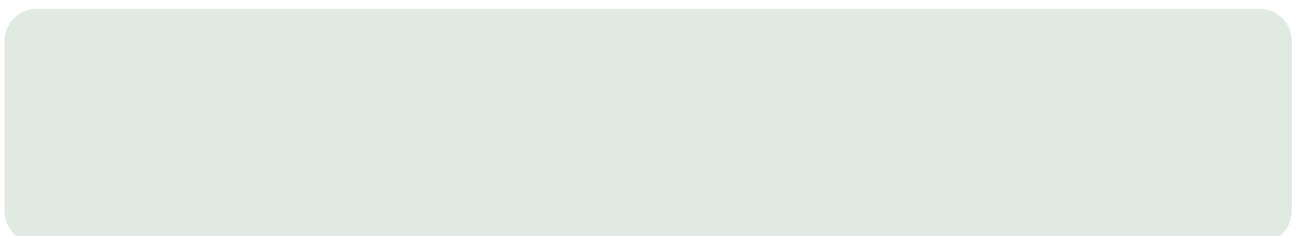
HOW CAN NEXT QUARTER BE BETTER?



DID THIS QUARTER BRING ME CLOSER TO MANIFESTING MY GOALS AND REALIZING MY LIFE VISION? HOW? WHY?



WHAT ARE MY FINAL THOUGHTS FOR THIS QUARTER?





# Self-Care Goals

# Yearly Goals

YEAR: \_\_\_\_\_

## **FAMILY AND FRIENDS**

## **SELF-DEVELOPMENT**

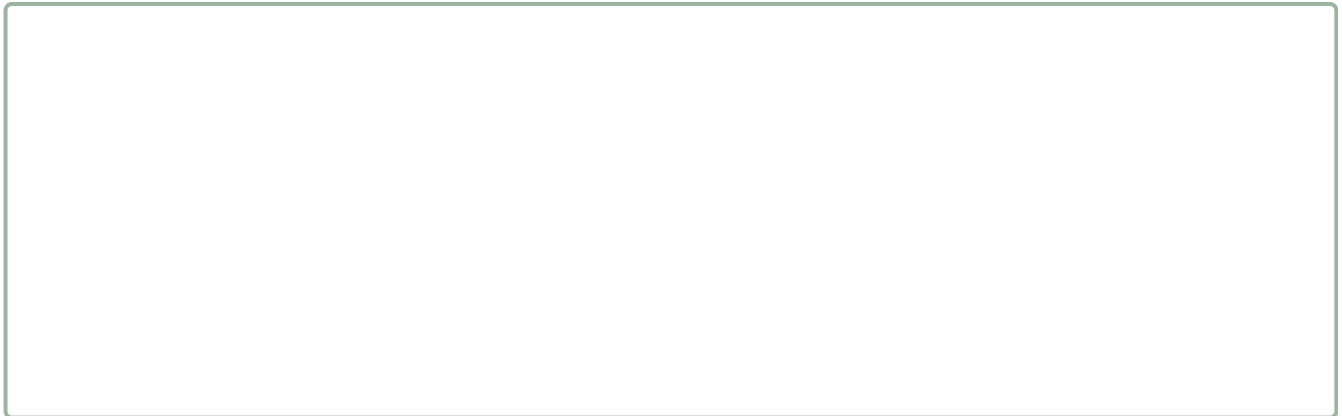
## **SPIRITUALITY**

# Yearly Goals

## FINANCES

A large, empty rectangular box with a thin orange border, intended for writing financial goals.

## CAREER

A large, empty rectangular box with a thin green border, intended for writing career goals.

## RELATIONSHIP

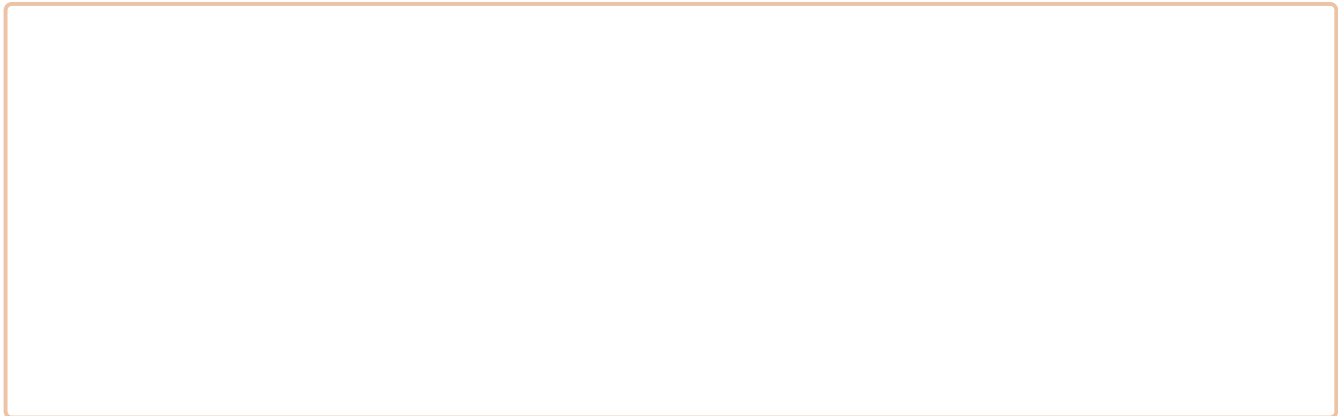
A large, empty rectangular box with a thin orange border, intended for writing relationship goals.

# Yearly Goals

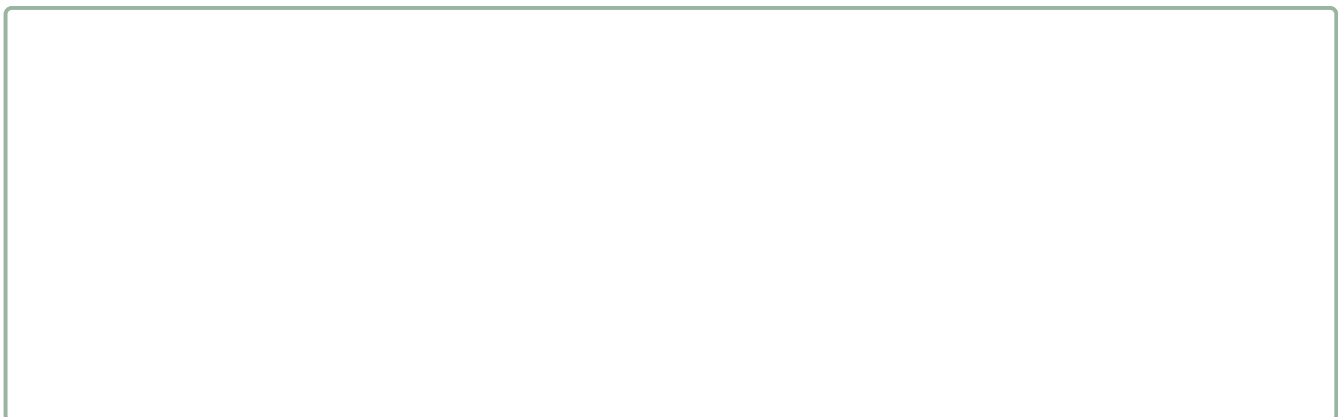
## **FUN AND RECREATION**



## **GIVING AND CONTRIBUTION**



## **PHYSICAL ENVIRONMENT**

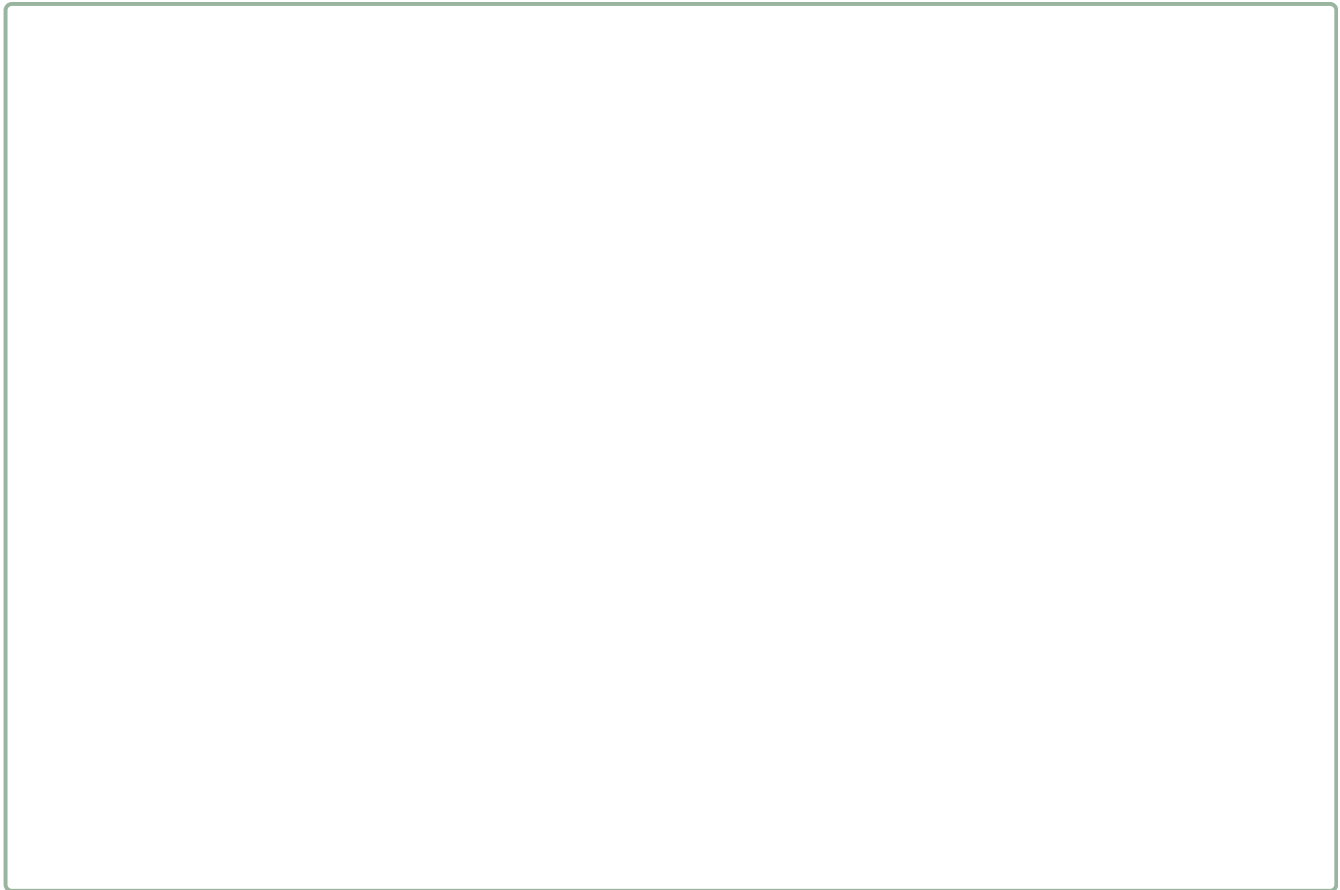


# Yearly Goals

## HEALTH AND FITNESS



## NOTES AND THOUGHTS



# Quarterly Goals

YEAR: \_\_\_\_\_

## **FAMILY AND FRIENDS**

Goal	Why	Reward

## **SELF-DEVELOPMENT**

Goal	Why	Reward

## **SPIRITUALITY**

Goal	Why	Reward

# Quarterly Goals

## FINANCES

Goal	Why	Reward

## CAREER

Goal	Why	Reward

## RELATIONSHIP

Goal	Why	Reward

# Quarterly Goals

## FUN AND RECREATION

Goal	Why	Reward

## GIVING AND CONTRIBUTION

Goal	Why	Reward

## PHYSICAL ENVIRONMENT

Goal	Why	Reward

# Quarterly Goals

## HEALTH AND FITNESS

Goal	Why	Reward

## NOTES AND THOUGHTS



# Mindset Exercises

# Accountability

SELF-REFLECTION IS A POWERFUL ACCOUNTABILITY TOOL THAT HELPS US IDENTIFY PLACES WHERE WE CAN IMPROVE TO BECOME BETTER, STRONGER, SMARTER, AND ALL IT TAKES IS SOME QUALITY TIME SPENT WITH OURSELVES. BY ANSWERING THESE SIMPLE QUESTIONS, YOU WILL GET AN IDEA OF THE THINGS HOLDING YOU BACK AND WHAT YOU CAN DO TO OVERCOME THESE OBSTACLES

**WRITE DOWN YOUR PROBLEM(S)**

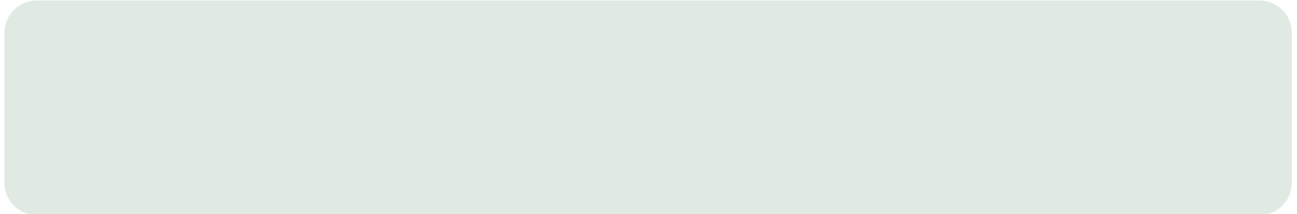
**HOW AM I RESPONSIBLE FOR THIS PROBLEM? HAVE I MADE SOME BAD CHOICES? HAVE I TRIED EVERYTHING THAT'S IN MY POWER TO IMPROVE THINGS? (IF YOU HAVE, COUNT THE THINGS YOU'VE ACTUALLY DONE)**

**IF YOU SOLVE THIS PROBLEM, HOW WOULD YOUR LIFE (OR THE LIFE OF OTHERS) IMPROVE? IS THIS PROBLEM WORTH SOLVING?**

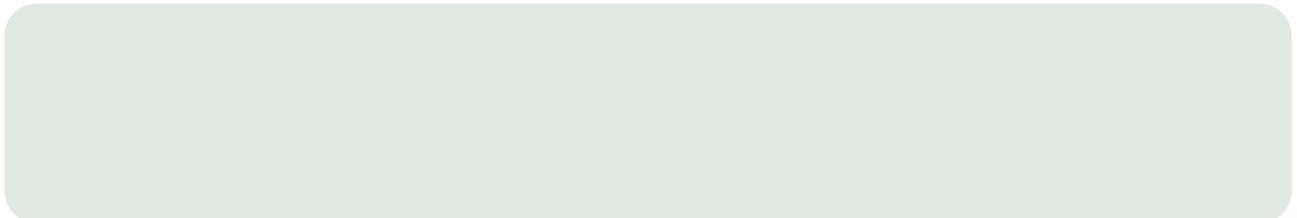
**WHAT CAN I DO TO START MAKING THINGS BETTER? WHAT STEPS CAN I START MAKING TODAY TO START IMPROVING THE SITUATION?**

# Accountability

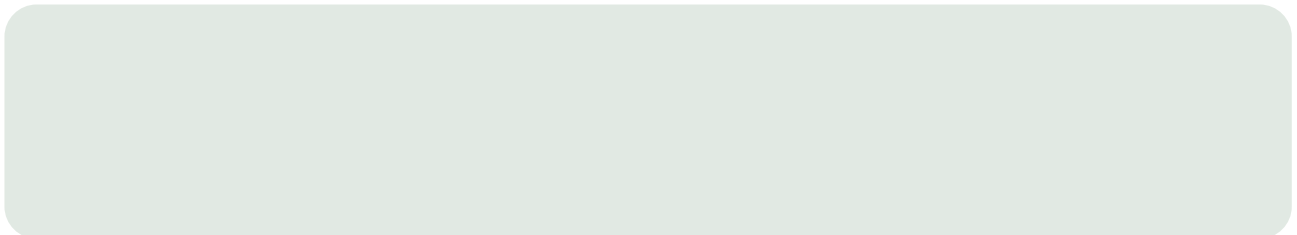
HOW WOULD TAKING RESPONSIBILITY FOR MY RELATIONSHIPS LOOK LIKE? WHAT STEPS MUST I TAKE? HOW WOULD THIS IMPROVE MY LIFE?



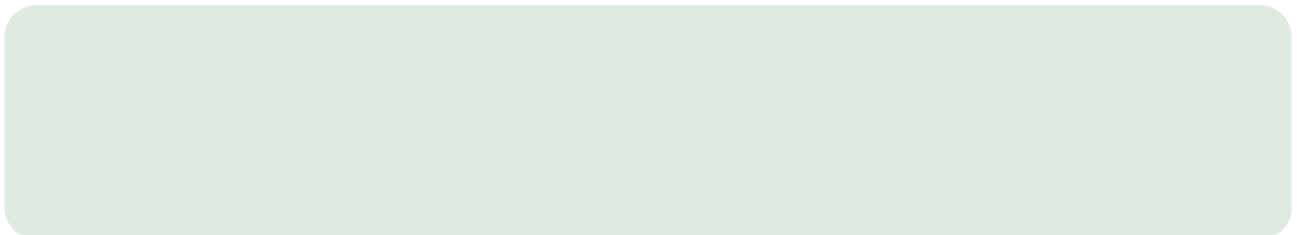
HOW WOULD TAKING RESPONSIBILITY FOR MY FINANCES LOOK LIKE? WHAT STEPS MUST I TAKE? HOW WOULD THIS IMPROVE MY LIFE?



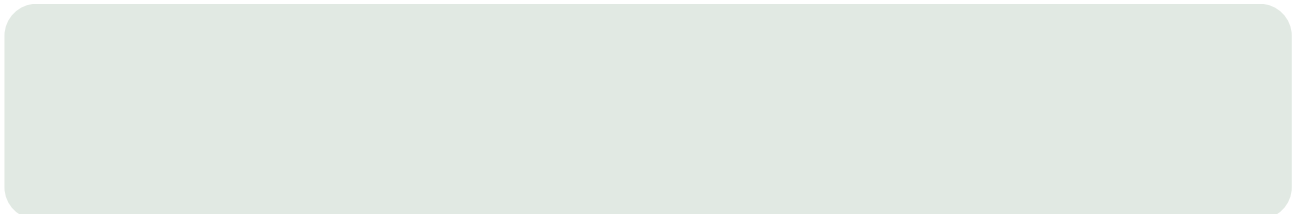
HOW WOULD TAKING RESPONSIBILITY FOR MY CAREER LOOK LIKE? WHAT STEPS MUST I TAKE? HOW WOULD THIS IMPROVE MY LIFE?



HOW WOULD TAKING RESPONSIBILITY FOR MY HEALTH LOOK LIKE? WHAT STEPS MUST I TAKE? HOW WOULD THIS IMPROVE MY LIFE?



HOW WOULD TAKING RESPONSIBILITY FOR MY WELLBEING LOOK LIKE? WHAT STEPS MUST I TAKE? HOW WOULD THIS IMPROVE MY LIFE?



# Growth vs Fixed mindset

ACCORDING TO RESEARCHER CAROL DWECK, THERE ARE TWO TYPES OF MINDSETS - FIXED MINDSET AND GROWTH MINDSET. THE FORMER MEANS THAT YOU BELIEVE THAT SOME QUALITY OR TRAIT (INTELLIGENCE FOR EXAMPLE) IS INNATE AND YOU HAVE WHAT YOU WERE GIVEN BY NATURE. THE ESSENCE OF THE LATTER, HOWEVER, IS THAT YOU CAN IMPROVE ON ANY QUALITY AS LONG AS YOU PUT IN THE EFFORT. THEREFORE, WITH A GROWTH MINDSET, YOU'RE MUCH MORE LIKELY TO TAKE ACTION TO ACHIEVE YOUR GOALS. BELOW ARE SOME EXAMPLES OF A GROWTH VS. FIXED MINDSET.

## **GROWTH MINDSET**

---

### **CHALLENGES**

Challenges are a way for me to get better

### **DESIRES**

I'll try new things

### **SKILLS**

I can always improve

### **OBSTACLES**

I'll change my approach until I succeed

### **SUCSSESS OF OTHERS**

I'm inspired by their success. Maybe I have something to learn from their success

### **CRITICISM**

I can learn from the feedback I receive

## **FIXED MINDSET**

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### **CHALLENGES**

I try to avoid challenges so I don't look stupid

### **DESIRES**

I'll just stick to what I know

### **SKILLS**

I'm either good at it or not. If I'm not, it's okay

### **OBSTACLES**

I'm just not good at it and that's the way it is

### **SUCSSESS OF OTHERS**

It's unfair that they're succeeding and I am not.

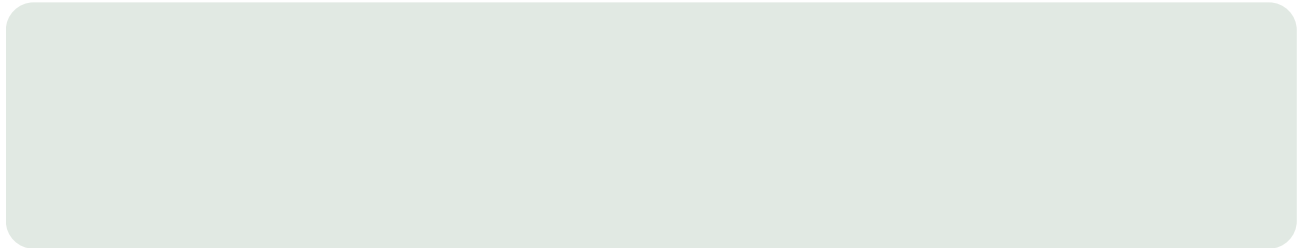
### **CRITICISM**

I feel threatened by the criticism I get

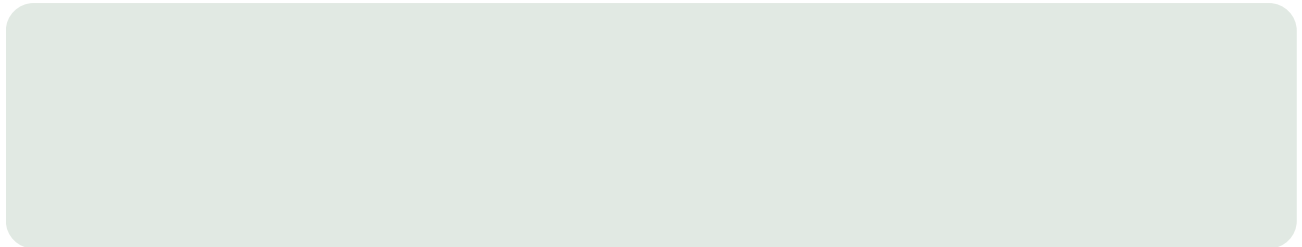
# Working on mindset

HERE TRY TO DEFINE YOUR MINDSET IN A VARIETY OF CATEGORIES. NEXT, WRITE YOUR MOST PRODUCTIVE WAY OF THINKING INSTEAD. WHAT MINDSET WILL HELP YOU TAKE ACTION AND ACTIVELY WORK ON SOLUTION, RATHER THAN ACCEPTING THINGS AS THEY ARE? ON THE NEXT PAGE YOU CAN ALSO IDENTIFY YOUR UNIQUE "LIMITING BELIEFS" AND HOW YOU CAN REPHRASE THEM.

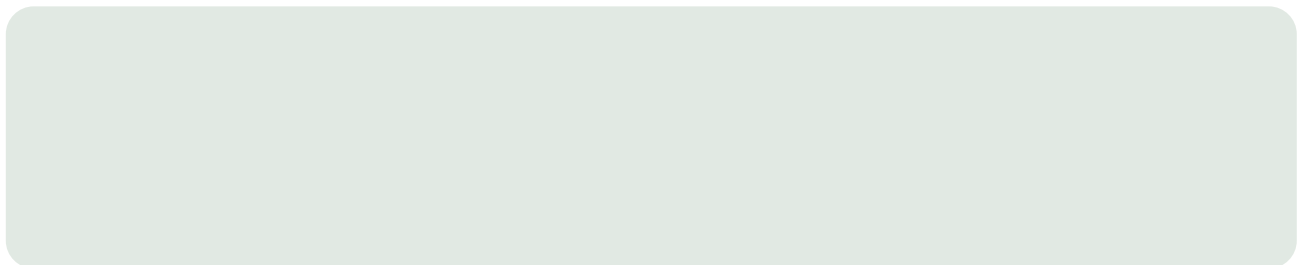
**HOW DO I REACT TO CHALLENGES? HOW CAN I IMPROVE?**



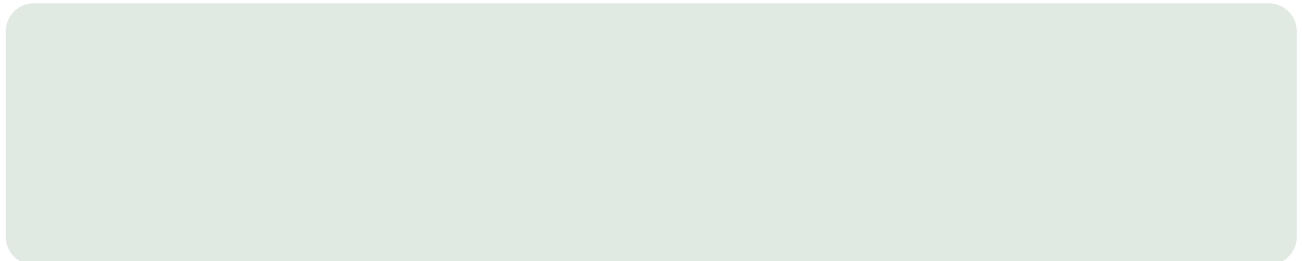
**HOW DO I REACT TO CRITICISM? HOW I CAN IMPROVE?**



**HOW I REACT WHEN I DON'T KNOW WHAT TO DO NEXT? IS THIS REACTION PRODUCTIVE?**



**AM I TAKING RESPONSIBILITY FOR MY OWN ACTIONS AND CURRENT SITUATION? IF YES/NO, HOW SO? IS THIS HELPING ME TO MOVE FORWARD? WHY OR WHY NOT?**



# Limiting Beliefs

IN THIS PART, TRY TO IDENTIFY OTHER BELIEFS THAT ARE HOLDING YOU BACK AND HOW YOU CAN REPHRASE THEM TO MAKE THEM MORE PRODUCTIVE. FOR EXAMPLE, YOU MAY HAVE LEARNED WHEN YOU WERE LITTLE THAT "MONEY DOESN'T GROW ON TREES". WHILE THIS IS TRUE IN SOME WAYS, A MORE PRODUCTIVE WAY OF THINKING WOULD BE, "I WILL BE REWARDED FOR THE VALUE I GIVE TO OTHERS; THE MORE I GIVE, THE MORE I GET."

**CURRENT BELIEF**

**BETTER ALTERNATIVE**

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**CURRENT BELIEF**

**BETTER ALTERNATIVE**

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**CURRENT BELIEF**

**BETTER ALTERNATIVE**

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**CURRENT BELIEF**

**BETTER ALTERNATIVE**

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# Limiting Beliefs

A belief that is holding you back:

“ ex. I can't change myself.”

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?



# Self-Care Quotes

# Self-Care Quotes

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“Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it.”

M. Scott Peck

# Self-Care Quotes

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“To accept ourselves as we are means to value our imperfections as much as our perfections.”

Sandra Bierig

# Self-Care Quotes

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*“You have to believe in yourself when no one else does—that makes you a winner right there.”*

Venus Williams

# Self-Care Quotes

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*“You have to believe in yourself when no one else does—that makes you a winner right there.”*

Venus Williams

# Self-Care Quotes

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“Be who you are and  
say how you feel,  
because those who mind  
don't matter, and those  
who matter don't mind.”

Dr. Seuss

# Self-Care Quotes

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*“You are magnificent  
beyond measure,  
perfect in your  
imperfections, and  
wonderfully made.”*

Abiola Abrams

# Self-Care Quotes

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“Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment.”

Stephen Covey

# Self-Care Quotes

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“Choosing to be positive and having a grateful attitude is going to determine how you’re going to live your life.”

Stephen Covey

# Self-Care Quotes

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"Self-care equals success. You're going to be more successful if you take care of yourself and you're healthy."

Beth Behrs

# Self-Care Quotes

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“Every small positive change we make in ourselves repays us in confidence in the future.”

Alice Walker