

Self Care Journal

A Guided Wellness Companion for Women

Welcome to your Self Care Journal. This space is just for you-to reflect, reconnect, and recharge. Use the pages however you like: fill in daily entries, track your mood, and celebrate your weekly wins. Whether you're just starting or deepening your self-care journey, this journal is here to support you with encouragement and space to grow.

Daily Journal Page

Date: _____

Mood Today (1-10): ____ Emoji: _____

One Word to Describe Today: _____

What I'm Grateful For:

1. _____

2. _____

3. _____

What Made Me Smile Today?

One Self-Care Goal for Tomorrow:

Notes / Reflections:

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Notes / Reflections:

Weekly Reflection

Biggest Wins This Week:

Challenges I Faced:

What I'm Proud Of:

Focus for Next Week:

Mood Tracker

Day	Mood (1-10 or //)	Notes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		

Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		
Day 31		

Habit Tracker

Day	Habit (1-10 or //)	Notes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		

Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		
Day 31		

Keep Going, You're Doing Great!

"Your journal is a safe space to explore, dream, and heal. There's no wrong way, only your way."