

SELF-CARE *Journal*

With daily journaling prompts

by Boho Flow.

self care

this journal belongs to

SELF-CARE

Journal

DATE: / /

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S M T W T F S

TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

WATER INTAKE



MOOD



NOTES/REMINDER:

TODAY'S AFFIRMATION

FOR TOMORROW

Today's date _____

What are five things that bring me joy, and how can I incorporate them into my daily routine?

What are some negative thought patterns that I tend to fall into, and how can I challenge or reframe them?

Today's date _____

What is something that I've been wanting to learn or try, and how can I make time for it in my schedule?

What are some of my strengths and how can I use them to build my confidence and accomplish my goals?

Today's date _____

What are some things that I am grateful for in my life, and how can I cultivate a sense of gratitude on a regular basis?

What are some ways that I can take care of my physical health, such as by getting enough sleep, eating well, and exercising regularly?

SELF CARE
IS A
PRIORITY AND
Necessity
NOT A
LUXURY

by Boho Flow.