

SELF-CARE

Journal

WEEK OF:

GRATITUDE INTENTIONS FOR THE WEEK

1.
2.
3.

GOAL FOR # OF MOVEMENT DAYS



1 2 3 4 5 6 7 (Exercise Days)

WHO I WILL REACH OUT TO THIS WEEK IF I NEED ENCOURAGEMENT

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STRESS TRIGGERS

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WEEKS'S AFFIRMATION

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COPING STRATEGIES

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Vision BOARD

WEEK OF:

What would you like to experience this week? Reflect back at the end of the week to check off the intentions that found their way into your reality.

HEALTH

- ☐
- ☐
- ☐

LEISURE

- ☐
- ☐
- ☐

CAREER

- ☐
- ☐
- ☐

FINANCES

- ☐
- ☐
- ☐

RELATIONSHIPS

- ☐
- ☐
- ☐

SPIRITUALITY

- ☐
- ☐
- ☐

MIND *Setting*

WEEK OF:

NEGATIVE BELIEFS ABOUT MYSELF OR MY SITUATION THAT I WILL CHALLENGE THIS WEEK

POSITIVE AFFIRMATIONS TO REPLACE NEGATIVE BELIEFS

LIST OF WHAT IS GOING RIGHT IN MY LIFE

PAST VALIDATIONS THAT THINGS ALIGN FOR ME AND POSITIVE OUTCOMES CAN UNFOLD

Big GOALS

WEEK OF:

I WANT
TO MANIFEST

MY MANIFESTATION...

LOOKS LIKE

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FEELS LIKE

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WHAT I WILL GET OUT OF THIS EXPERIENCE

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ACTION PLAN

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EVIDENCE AND SIGNS I WILL LOOK FOR TO INDICATE I'M ON THE RIGHT PATH

☐ People showing up to help	☐	☐
☐ Learning something new	☐	☐
☐ Small wins	☐	☐
☐ Supportive feedback	☐	☐

Daily NOTES



A series of horizontal dotted lines spanning the width of the page, providing a template for writing notes.