

# SELF-CARE WEEKLY JOURNAL

## WEEKLY POSITIVE AFFIRMATION:

I am .....

(strong, enough, smart, kind, beautiful, etc.) Work on replacing negative self-talk with positive and supportive words. Start each day by looking in the mirror and repeating this statement to yourself. If a critical inner voice chimes in, replace those thoughts with this affirmation.

## 3 THINGS I'M GRATEFUL FOR THIS WEEK:

1. ....  
.....
2. ....  
.....
3. ....  
.....

## MY GOALS FOR THIS WEEK ARE:

1. ....  
.....
2. ....  
.....
3. ....  
.....

## SELF-CARE PLAN FOR THE WEEK:

These tasks can take as little as 5 to 10 minutes or however long you have. Self-care looks different for each of us. Quick things can include a 20-minute walk, a bath, a guided meditation, deep breathing exercises, etc. If you have more time, try having lunch with a friend or family member, seeing a counselor, taking a 45-minute walk, going for a swim, getting a massage, or cleaning the house.

- SUNDAY.....  
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- MONDAY.....  
.....
- TUESDAY.....  
.....
- WEDNESDAY.....  
.....
- THURSDAY.....  
.....
- FRIDAY.....  
.....
- SATURDAY.....  
.....

### SELF-CARE:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

### SLEEP:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

### WATER:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

### EXERCISE:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
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