



WEEKLY

*Self-Care
Journal*



Daily Reflection

TODAY I ACHIEVED...



THINGS THAT MADE ME
HAPPY:



DAILY GRATITUDE LIST



INTENTION FOR TOMORROW:



NOTE TO SELF

dream Journal

M O N D A Y

WHAT HAPPENED?

MY EMOTIONS

PEOPLE IN THE DREAM

RECURRING? (CIRCLE)

YES / NO

SLEEP QUALITY?

SKETCH



MY INTERPRETATION/FINAL THOUGHTS

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Weekly Check-In



What was the best thing
that happened this week?

What happened this
week that I am
grateful for?

What did I learn this
week?

Did I make time
for myself this
week?

What was my
overall mood like
this week?

How did I show
kindness this
week?

How was I shown
kindness this
week?

What did I do to
take care of myself
this week?

Was there
anything that
made me feel
down?

What do I want to
change next
week?

