



Embrace Your Well-Being: Self-Care Journal Guide



***Empowering You to Make
Self-Care a Daily Practice***



Types of Self-Care

Self-care is the practice of taking an active role in protecting your own well-being and happiness, especially during periods of stress. By engaging in self-care, you support balance and resilience, helping yourself thrive in different areas of life.

	Physical Self-Care Activities that improve physical health.	<ul style="list-style-type: none">• Prepare balanced meals• Hydrate regularly• Establish a consistent sleep routine• Daily movement or exercise
	Emotional Self-Care Processing and expressing emotions in healthy ways.	<ul style="list-style-type: none">• Journal your thoughts and emotions• Practice calming techniques, such as deep breathing• Setting boundaries
	Mental Self-Care Activities that stimulate your mind.	<ul style="list-style-type: none">• Learning a new skill• Reading or completing a puzzle• Practice mindfulness and stress-reduction techniques
	Social Self-Care Activities that help you maintain healthy, supportive relationships.	<ul style="list-style-type: none">• Volunteer for a cause that matters to you• Join a fitness group or gym• Plan a fun night out with friends or family
	Practical Self-Care Managing responsibilities and environments to reduce stress.	<ul style="list-style-type: none">• Cleaning your house or car• Organizing paperwork or decluttering your home• Budgeting or managing finances
	Playful Self-Care Activities that bring joy and fun.	<ul style="list-style-type: none">• Try a fun hobby or creative activity• Watch or do something that makes you laugh• Play with pets or kids
	Spiritual Self-Care Connecting to values, purpose, or something greater.	<ul style="list-style-type: none">• Meditate or pray• Spend time in nature• Read something inspiring• Connect with your values or purpose

Embrace Your Well-Being: Self-Care Journal Guide

Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel.

- Eleanor Brown



How would prioritizing self-care impact other areas of your life?

What are the biggest obstacles to making your self-care a priority?

What is one self-care practice you already do that brings you the most peace or joy?

What is one self-care habit you'd like to introduce or reintroduce?

SMART GOALS



When setting goals, make sure it follows the SMART structure. Use the questions below to create your SMART self-care goal.

S	<p><u>Specific</u></p> <p>What self care practice would you like to introduce or reintroduce?</p>	
M	<p><u>Measurable</u></p> <p>How often will you do this, and how will you track it?</p>	
A	<p><u>Achievable</u></p> <p>What steps or resources do you need to make this realistic?</p>	
R	<p><u>Relevant</u></p> <p>How will this practice support your well-being or life goals?</p>	
T	<p><u>Time bound</u></p> <p>What is your timeline for this goal, and when will you evaluate your progress?</p>	

Set a SMART goal for your self-care this week. Return to this guide next week and utilize the following page to reflect on your progress, celebrate wins, and make any adjustments for growth.

Follow-up Prompts: Self-Care Journal Guide

Use this page to reflect on the past week's self-care journey. Celebrate your wins, consider areas for growth, and set intentions to nurture your well-being in the week ahead. This is your space to recognize progress and make adjustments for continued growth



In what ways can you celebrate your successes, no matter how small, in practicing self-care this week?

What self-care activities made you feel rejuvenated this past week, and why do you think they were effective?

What barriers did you encounter in prioritizing self-care this week?

What strategies can you use to overcome these barriers in the future?

As a board-certified nurse coach, I help women reduce stress, build resilience, and turn their wellness goals into personalized, achievable plans. *Ready to get started?*

Website: www.wellnesswithinwithwhit.com - Phone: 910-934-1094