

# Self-Care Journal

Today I am grateful for:



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Things I have done to take care of myself:

- Exercise
- Eat healthy meals
- Drink water
- Get fresh air
- Meditation
- Listen to music
- Talk to a friend
- Others

My self-affirmation:

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Things that I found unsettling today:

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What I have done to let go of things that I cannot control:

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My mood:



Tired



Angry



Sad



Happy



Excited

One thing that I can do tomorrow to be kinder to myself

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