

# SELF-CARE *journal*

THINGS I DO TO TAKE CARE OF MY PERSONAL WELLBEING

Write a few words about something you've done today to boost your wellbeing. This could be anything from going to the hairdressers to going for a jog, sharing a coffee date with a friend, buying those shoes you've been saving up for, or watching a few episodes of your favorite show. Cross off the relevant categories for each activity. After one month you'll have a good overview of your habits, and will be able to identify which areas you might be neglecting, and do something to change them!



MONTH: .....

Caring for my body

Caring for my appearance

Caring for my mental health

Challenging myself

Caring for my relationships

Making myself happy

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Caring for my body	Caring for my appearance	Caring for my mental health	Challenging myself	Caring for my relationships	Making myself happy
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