



Selfcare Journal



THIS SELFCARE
JOURNAL
BELONGS TO

SELF-CARE MEANS GIVING
YOURSELF PERMISSION TO PAUSE
AND NOT TO FEEL GUILTY!

SELF-CARE

Journal

DATE: / /

S M T W T F S

TODAY I'M GRATEFUL FOR:

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WATER INTAKE



MOOD



NOTES/REMINDER:

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TODAY'S AFFIRMATION

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FOR TOMORROW

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S M T W T F S

TODAY I'M GRATEFUL FOR:

1.

2.

3.

WATER INTAKE



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WATER INTAKE



1 2 3 4 5 6 7 8 (Glass)

MOOD



ANGRY



TIRED



SAD



HAPPY



EXCITED

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EXHIBITION & EVENT ASSOCIATION OF SOUTHERN AFRICA

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