Self Care Journal

Write the answer to one or more prompts. It is designed to be used in the afternoon/evening but may be used first thing in the morning by reflecting on yesterday instead.

What didn't go well today?

What am I grateful for?

What have I done for myself today?

What were the good things that I noticed today?

What am I most looking forward to?

Optional prompts

What didn't go well today - what emotion am I feeling? E.g. anger, sadness, guilt, grief, disappointment. Write down everything you are feeling

What am I grateful for? Some suggestions may be my job, my home, my family, something I am good at, the sunshine/rain, my health, I am safe and secure.

What have I done for myself today? If I can't think of anything, is there something I can do before I go to bed? If not, what can I do in the morning to make the day go better?

What were the good things I noticed today? Small things like the smell of coffee, a beautiful scent, a lovely flower, the sunset, my favourite song, an uplifting conversation

What am I most looking forward to? When do I think it will happen? What can I do to aim towards that? If I can't do it now, is there an alternative thing I can do (e.g. if it's seeing family interstate, can I have a zoom meeting with them?)