My Self-Care Journal

Start journaling! It's a powerful self-care tool and a great way to support yourself in life. When you journal for self-care, you're putting together a writing of ideas to help you feel calm and feel joy. Journaling can help clear your mind and give you a sense of optimism on your path forward. Journaling is a practice that you can continue throughout your life and there are many ways to keep and maintain a journal.

Try these tips to help you get started with journaling:

- **Try to write every day.** Set aside a few minutes each day to write...
- **Make it easy.** Keep your journal & a pen handy...
- **Write or draw whatever feels right.** Your journal doesn't need to follow any certain structure...

Ideas or prompts to get you started with your self-care journal:

- **Write about the good parts of your day.** What was the best part of your day? Did you have a good time with someone today? Did you enjoy a great workout? Was there something new you learned that inspired you?

- **Make a gratitude list.** Write down 3 things that you are grateful for each day. It can be something as small as a coffee, or as big as the love of a child or dear friend.

- **Write about positive moments in your life**. Take time to reflect on some of the most positive moments in your life. Maybe it'll inspire you to re-create those positive moments again or take you back to some great memories.

- **Keep a joy list.** Make a list of things that bring you joy. Nothing is too big or too small.

- **Create a goal list.** List things that *you* want to do.

- **Write positive affirmations.** Write positive statements that will motivate you each day (e.g., today will be a good day, I am enough, Choose Joy, Dream Big, etc.)

- **Write about your thoughts or feelings.** Note or draw how you're feeling or what you're thinking about today.

- **Pick a positive word to focus each day.** Words such as *joy, gratitude, love* or *courage*. Journal about ways you have experienced this word lately and ways you want to.