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SELF CARE JOURNAL

Taking note of how you feel is important!
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you reflect, unload your thoughts and feel
better faster.



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SELF CARE JOURNAL PROMPTS

1. Values check-in

What values did I uphold today, and in which moments did I stray from them? How can I better align my actions with my core beliefs tomorrow?

2. Learning corner

What did I learn today — about myself, others, or the world around me?

3. Interaction insight

Which interaction today left the most significant impact on me?
Was it positive or negative, and why?

4. Dreams and desires

What is one thing I deeply desire, and what steps can I take tomorrow toward achieving it?

5. Barriers and solutions

What obstacles did I face today, and how did I overcome them?
If I didn't, what can I do differently next time?



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