Self-Care Journal

What is my goal for this week?	
What are some things I am grateful for right now	v?

Who or what inspires me? Why?
How will I show kindness/be kind to someone this week?

What is something I am looking forward to this week?
What is something I can do to show myself care / take care of my well-being?

What can I remind myself of/say to myself when I'm having a hard time?
What is something I did today that I am proud of?

What is a past challenge or obstacle that I am proud of how I handled? What did I learn from it?
What is something I'd like to learn or try doing?

What are three of m	y best qualities or attributes?
	self more kindness? Write a yourself, read it out loud nroughout the day!
If you are looking for inspiration, think about what you would say to a caring friend or family member or pet.	

Created in partnership with Kids Help Phone.



For additional mental health resources visit bell.ca/letstalk

