



5 minutes daily Self-care Journal

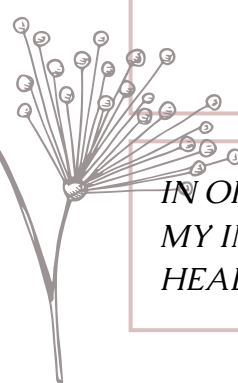
TODAY

3 THINGS I AM GRATEFUL FOR:

MY 3 SELFCARE RITUALS FOR TODAY:

I PLAN TO EAT THESE HEALING FOODS TODAY:

DAILY AFFIRMATION:



IN ORDER TO FIND BALANCE, TODAY I WILL RECOGNIZE MY MOODS, FOLLOW MY INSPIRATION, AND HONOR MY BODY WITH SELF-CARE RITUALS AND HEALING FOODS.