

A SELF-CARE JOURNAL

Created by Amanda rocheleau, BSW, MSW, RSW

| Today, I was grateful for |
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| Ways I showed compassion towards others |
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| Ways I showed compassion towards myself |
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| Today, I paused and noticed |
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| Tomorrow, I want to pay attention to |
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| Today Latenaglad with |
| Today, I struggled with |
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| What I have a life and that at a constant in |
| What I learned from that struggle is |
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| I showed myself care by |
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