

Self-care bullet journal

Inspiration

Self-care goals



Day 1

I feel:

My self-care action:

I am grateful for:

Day 2

I feel:

My self-care action:

I am grateful for:

Day 3

I feel:

My self-care action:

I am grateful for:

Day 4

I feel:

My self-care action:

I am grateful for:

Day 5

I feel:

My self-care action:

I am grateful for:

Day 6/7

I feel:

My self-care action:

I am grateful for: