

Daily

SELF-CARE



www.anammarin.net



Hello,

My name is Ana and I thank you for downloading this self care journal. The purpose is to ask yourself some questions and start or consolidate your day to day activity, while also focusing on your wellbeing. Gift yourself a 10 minute break in the following 10 days to see how reflection can improve your story, mindset and energy level.

As a mindfulness practitioner, my goal is to introduce reflection to people around the world. I want to help them be aware of how small daily activities can create small changes, but then lead to big joys.

www.anammarin.net

self care

This journal belongs to

Let's set some goals

What would I like to receive from this workbook?

How will the above answer look in my daily life?



Let's set some goals

When will I know that I have reached my goals?

What barriers might present for me in practicing self care (internal & external)? If so, how will I overcome them?



Let's set some goals

**Who can support me on my self care journey towards wellbeing?
(it's ok to include pets, too 😊!)**

Describing my life when self-care is a priority in my schedule



Today's date _____

What gets in the way of me taking care of myself?

What would be my ideal self-care routine, if everything would be possible?



Today's date _____

Power playlist: choose 10 songs that inspire self-care

***Try listening to music on the background to get in the mood. Music is a powerful tool to support you and improve your emotional state.**

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
-

What are 5 positive messages about myself that would make me feel happy, confident and in tune with oneself?

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-



Today's date _____

What are five things that bring me joy, and how can I incorporate them into my daily routine?

What are some negative thought patterns that I tend to fall into, and how can I challenge or reframe them?



Today's date _____

What would I do differently in my daily life if I knew no one would judge me for it?

What activity brings me enjoyment? How often do I do it?



Today's date _____

Note down any routines that I do for myself to maintain a good mood

What brings me the most comfort in challenging times?



Today's date _____

What is something that I've been wanting to learn or try, and how can I make time for it in my schedule?

What are some of my strengths and how can I use them to build my confidence and accomplish my goals?



Today's date _____

**What are my goals regarding my self care for the next 3, 6, 12 month?
What is the plan to reach them?**

What is my rebound routine?



Today's date _____

What makes me tired?

What relaxes me?



Today's date _____

What is my morning self-care routine?

What is my evening self-care routine?



Today's date _____

What are some things that I am grateful for in my life, and how can I cultivate a sense of gratitude on a regular basis?

What are some ways that I can take care of my physical health, such as by getting enough sleep, eating well, and exercising regularly?



SELF CARE
IS A
PRIORITY AND
Necessity
NOT A
LUXURY

www.anammarin.net