

*the holistic*

# SELF-CARE JOURNAL

A JOURNAL FOR PEOPLE  
WANTING TO PRIORITISE THEIR  
SELF CARE

|

*a journal from*

CHRISTINE LINDSTROM  
MAKE YOUR LIFE A WORK OF ART

*the holistic*  
**SELF-CARE**  
JOURNAL

*this journal belongs to*

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# HOW TO GET THE MOST OUT OF THIS JOURNAL

The Holistic Self-Care Journal is a guided journal that helps you to explore all aspects of your self-care. It includes sections on physical, mental, emotional, and spiritual self-care. The journal also allows you to reflect on your self-care journey, set goals, and track your progress.

The physical self-care section includes questions about diet, exercise, and sleep habits. You will also reflect on your overall physical health and well-being.

The mental self-care section includes questions about your thoughts, emotions, and stress levels. You will also reflect on your mental health and well-being.

The emotional self-care section includes questions about relationships, self-esteem, and emotional well-being. You will also reflect on your emotional health and well-being.

The spiritual self-care section includes questions about your values, beliefs, and spirituality. You will also reflect on your spiritual health and well-being.

Before we dive into the specific sections we will spend some time identifying what fills your cup and how we can incorporate it into your schedule.

The journal also has space for you to set goals for your self-care journey and track your progress. By journaling about your self-care, you will be able to identify areas that need improvement and make lasting changes to improve your overall health and well-being.



## MEET THE AUTHOR

**Christine Lindstrom**

**Founder -**

**Make Your Life a Work of Art**

Art | Food | Lifestyle | Spirituality + Wellness

Making life a work of art and showing others how to do the same

# THE IMPORTANCE OF SELF-CARE

## AND WHY IT IS MORE THAN JUST FACE-MASKS AND PEDICURES

Self-care has become somewhat of a buzzword in recent years. It seems like everywhere you look there is someone talking about the importance of self-care. But what is self-care? And why is it so important?

Self-care is any activity that you do deliberately in order to take care of your physical, mental, or emotional health. It can be anything from getting enough sleep and exercise to eating healthy foods and spending time with loved ones.

Self-care is important because it helps you to stay healthy and cope with stress. When you don't take care of yourself, it is easy to get run down and become overwhelmed by the demands of life. This can lead to physical and mental health problems.

**Self-care is not selfish.** It is actually essential to your well-being. When you take care of yourself, you are better able to take care of others.

**Self-care is more than just face-masks and pedicures.** Although those things can be part of a self-care routine, they are not the only things that make up self-care. Self-care is about taking care of your whole self – body, mind, and spirit.

It is important to find a balance between taking care of yourself and taking care of others. You cannot pour from an empty cup. In order to be there for others, you need to make sure that you are taking care of yourself first.

The goal of this journal is to help you explore all aspects of self-care and find what works best for you.

By journaling about your self-care journey, you will be better able to identify areas that need improvement and make lasting changes to improve your overall health and well-being.

## WHAT FILLS YOUR CUP

MAKE A LIST OF THINGS THAT MAKE YOU HAPPY

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MAKE A LIST OF THINGS THAT MAKE YOU FEEL  
CALM AND RELAXED

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## WHAT FILLS YOUR CUP

MAKE A LIST OF THINGS YOU LIKE TO DO FOR FUN

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MAKE A LIST OF PEOPLE WHO MAKE YOU FEEL  
GOOD ABOUT YOURSELF

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## WHAT FILLS YOUR CUP

MAKE A LIST OF YOUR FAVORITE HEALTHY FOODS

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## HOW TO CREATE A ROUTINE THAT INCORPORATES SOME OR ALL OF THE ITEMS FROM YOUR LISTS

- 1 Pick one or two items from each list and try to do them every day
- 2 Add new items to your lists as you think of them
- 3 Make a schedule that includes time for your self-care activities
- 4 Stick to your schedule as much as possible
- 5 Be flexible – if something comes up that you can't do, don't stress about it, just try to do it another day
- 6 Take a break when you need it – if you're feeling overwhelmed, take a few days off from your schedule to relax and recharge
- 7 Celebrate your successes – each time you stick to your schedule, give yourself a pat on the back!

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SELF-CARE  
JOURNAL

PHYSICAL  
SELFCARE



HOW OFTEN DO YOU EAT JUNK FOOD?

HOW OFTEN DO YOU EAT FRUITS & VEGETABLES?

HOW OFTEN DO YOU EXERCISE?

HOW OFTEN DO YOU GET A GOOD NIGHTS SLEEP?

HOW WOULD YOU RATE YOUR OVERALL HEALTH?

WHAT ARE SOME THINGS YOU CAN DO TO IMPROVE YOUR  
PHYSICAL HEALTH?

## *Tips & Tricks*

1. Identify healthy foods you love and make sure to include them in your diet.
2. Find an exercise routine that you enjoy and make it a part of your weekly routine.
3. Get at least 7-8 hours of sleep every night.
4. Take breaks throughout the day to move your body and get some fresh air.
5. Make an appointment with your doctor for a physical check-up.
6. Get regular massages or facials.
7. Invest in a good skincare routine.
8. Drink plenty of water throughout the day.
9. Take your vitamins!
10. Create a vision board with pictures of how you want to look and feel physically.

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SELF-CARE  
JOURNAL

MENTAL  
SELFCARE

HOW OFTEN DO YOU ALLOW YOURSELF TO RELAX AND UNWIND?

HOW OFTEN DO YOU SPEND TIME WITH FRIENDS & FAMILY?

HOW WELL DO YOU COPE WITH STRESS?

HOW WOULD YOU RATE YOUR OVERALL MENTAL HEALTH?

WHAT ARE SOME THINGS YOU CAN DO TO IMPROVE YOUR  
MENTAL HEALTH?

A large, empty rectangular box with a thin black border, intended for writing answers to the question above.

## Tips & Tricks

1. Set aside time each day to relax and do something you enjoy.
2. Make time with friends and family members who make you feel good about yourself.
3. Identify healthy coping mechanisms for stress and practice using them regularly.
4. See a therapist or counselor if you are struggling with your mental health.
5. Make a list of things you are grateful for each day.
6. Read self-help books or listen to podcasts that offer tips for improving mental health.
7. Take up a new hobby or activity that you're interested in.
8. Write in a journal each day to process your thoughts and feelings.
9. Practice meditation or mindfulness on a daily basis.
10. Get outside in nature as often as you can.

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SELF-CARE  
JOURNAL

EMOTIONAL  
SELFCARE



HOW OFTEN DO YOU SPEND TIME DOING THINGS YOU ENJOY?

HOW OFTEN DO YOU GIVE YOURSELF COMPLIMENTS?

HOW WELL DO YOU HANDLE DIFFICULT EMOTIONS?

HOW WOULD YOU RATE YOUR OVERALL EMOTIONAL HEALTH?

WHAT ARE SOME THINGS YOU CAN DO TO IMPROVE YOUR  
EMOTIONAL HEALTH?

## Tips & Tricks

1. Give yourself permission to feel all of your emotions, even the difficult ones.
2. Acknowledge your emotions without judgment and accept them for what they are.
3. Practice self-compassion by being kind and understanding towards yourself.
4. Find healthy outlets for expressing your emotions, such as writing, painting, or talking to a friend.
5. Let go of perfectionism and give yourself grace.
6. Make time for things you enjoy doing on a regular basis.
7. Give yourself compliments often and celebrate your successes, no matter how big or small they may be.

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# SELF-CARE JOURNAL

SPIRITUAL  
SELFCARE

HOW OFTEN DO YOU SPEND TIME IN NATURE?

HOW OFTEN DO YOU PRAY OR MEDITATE?

HOW OFTEN DO YOU REFLECT ON YOUR VALUES AND BELIEFS?

HOW WOULD YOU RATE YOUR OVERALL SPIRITUAL HEALTH?

WHAT ARE SOME THINGS YOU CAN DO TO IMPROVE YOUR  
SPIRITUAL HEALTH?

# SPIRITUAL SELF CARE TIPS

1. Make time for prayer or meditation each day, even if it's just for a few minutes.
2. Reflect on your values and beliefs regularly and ensure they align with how you live your life.
3. Spend time in nature as often as possible and appreciate the beauty around you.
4. Read religious or spiritual texts that inspire you.
5. Listen to sacred music or sounds that resonate with you.
6. Connect with like-minded people who share your spiritual beliefs.
7. Volunteer your time or donate to causes that are important to you.
8. Be mindful of your thoughts and actions throughout the day.
9. Practice forgiveness, both towards yourself and others.
10. Seek out experiences that make you feel more connected to the world around you.

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SELF-CARE  
JOURNAL

SPIRITUAL  
SELFCARE



## SELF CARE IDEAS JAR

A self-care jar is simply a jar filled with ideas for things you can do to take care of yourself. The idea is that when you're feeling overwhelmed or stressed, you can reach into the jar and pull out an idea to help you relax and rejuvenate.

### HERE ARE SOME EXAMPLES OF WHAT YOU COULD PUT IN YOUR JAR

1. Take a few deep breaths
2. Go for a walk in nature
3. Make a healthy meal
4. Do some yoga
5. Spend time with friends and family
6. Meditate
7. Read a good book
8. Take a relaxing bath
9. Write in this journal
10. Get a good night's sleep
11. Take some time for yourself
12. Do something you enjoy
13. Give yourself a compliment
14. Listen to soothing music
15. Spend time in prayer or reflection
16. Connect with loved ones
17. Make a vision board
18. Exercise
19. Take a break from electronics
20. Drink lots of water
21. Plan a fun activity for the future
22. Do something nice for someone else
23. Visit a new place
24. Learn something new
25. Try out a new hobby
26. Volunteer your time
27. Spend time with a pet
28. Take care of your physical space
29. Connect with nature
30. Do some deep breathing exercises
31. Practice self-compassion
32. Make a list of things you're proud of
33. Dance around
34. Play a game
35. Get outside in the sunshine
36. Stretch your body
37. Connect with your spirituality
38. Forgive yourself
39. Make a list of things you're grateful for
40. Do something to make someone else's day
41. Tell yourself a positive affirmation
42. Give yourself a hug
43. Drink herbal tea
44. Spend time in silence
45. Wear comfortable clothing
46. Plan a trip
47. Do something creative
48. Cook your favorite meal
49. Spend time outside in nature
50. nurture your plants

## SELF CARE BOUNDARIES

1. I will not put myself last
2. I will not neglect my needs
3. I will not compare myself to others
4. I will not be too hard on myself
5. I will not let others take advantage of me
6. I will not hesitate to ask for help when I need it
7. I will not neglect my needs to please others
8. I will not allow myself to be treated poorly
9. I will not neglect my mental, emotional, or physical health
10. I will not put up with toxic people
11. I will not allow myself to be disrespected
12. I will not allow myself to be taken for granted
13. I will not let others make me feel guilty for taking care of myself
14. I will not allow myself to be manipulated
15. I will not put up with drama

## POSITIVE SELF CARE AFFIRMATIONS

1. I am taking care of myself because I deserve it
2. I am important and my needs matter
3. I love and respect myself
4. I am worthy of self-care
5. I am worth the effort
6. Self-care is not selfish, it is necessary
7. I am not neglecting my responsibilities by taking care of myself
8. I am allowed to put myself first
9. I am allowed to say no
10. I am allowed to take time for myself
11. I deserve to be happy and healthy
12. I am doing my best
13. I am allowed to make mistakes
14. I am human and I need to care for myself accordingly
15. I deserve love, compassion, and understanding
16. I am taking care of myself so that I can be the best version of myself
17. Self-care is essential for my well-being
18. I am important and I deserve to be taken care of
19. By taking care of myself, I am also taking care of those around me
20. I am allowed to ask for help
21. Self-care is not a luxury, it is a necessity
22. I love myself enough to take care of myself
23. I am worth the time and effort it takes to practice self-care
24. I am allowed to make my own decisions about what is best for me
25. My needs are just as important as the needs of others

## SELF CARE GOALS & TRACKING PROGRESS

Now that you learned more about self-care and spent some time reflecting on what it means to you, it's time to write down your personal self-care goals.

WHAT ARE SOME SELF-CARE GOALS YOU WOULD LIKE TO ACHIEVE IN THE NEXT MONTH?

WHAT ARE SOME SELF-CARE GOALS YOU WOULD LIKE TO ACHIEVE IN THE NEXT SIX MONTHS?

WHAT ARE SOME SELF-CARE GOALS YOU WOULD LIKE TO ACHIEVE IN THE NEXT YEAR?

HOW WILL YOU KNOW IF YOU'VE ACHIEVED YOUR GOALS?

5. HOW WILL YOU CELEBRATE WHEN YOU REACH YOUR GOALS?

## GOALS SUMMARY

PHYSICAL SELFCARE:


MENTAL SELFCARE:


EMOTIONAL SELFCARE:


SPIRITUAL SELFCARE:


OVERALL SELFCARE:


## WEEKLY PROGRESS TRACKER

PHYSICAL SELFCARE:


MENTAL SELFCARE:


EMOTIONAL SELFCARE:


SPIRITUAL SELFCARE:


OVERALL SELFCARE:


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SELF-CARE  
JOURNAL

*Week 1*

SELF CARE  
ROUTINE  
DAILY PLANNER



# my SELF-CARE ROUTINE

TODAY'S FOCUS

THINGS TO DO

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APPOINTMENTS


WATER INTAKE



MEALS

BREAKFAST	
LUNCH	
DINNER	
SNACK	

TODAY I FELT



Morning

Afternoon

Evening

NOTES



# my SELF-CARE ROUTINE

TODAY'S FOCUS

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APPOINTMENTS


WATER INTAKE



MEALS

BREAKFAST	
LUNCH	
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SNACK	

TODAY I FELT



Morning

Afternoon

Evening

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# my SELF-CARE ROUTINE

TODAY'S FOCUS

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APPOINTMENTS



WATER INTAKE



MEALS

BREAKFAST	
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TODAY I FELT



Morning

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# my SELF-CARE ROUTINE

TODAY'S FOCUS



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MEALS	
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APPOINTMENTS


TODAY I FELT

Morning

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# my SELF-CARE ROUTINE

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APPOINTMENTS







WATER INTAKE



MEALS

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TODAY I FELT

Morning

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# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



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TODAY I FELT



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# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



MEALS

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LUNCH	
DINNER	
SNACK	

TODAY I FELT



Morning

Afternoon

Evening

NOTES























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SELF-CARE  
JOURNAL

*Week 2*

SELF CARE  
ROUTINE  
DAILY PLANNER



# my SELF-CARE ROUTINE

TODAY'S FOCUS

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APPOINTMENTS


WATER INTAKE



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# my SELF-CARE ROUTINE

TODAY'S FOCUS



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APPOINTMENTS


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APPOINTMENTS


WATER INTAKE



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# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



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Morning

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# my SELF-CARE ROUTINE

TODAY'S FOCUS



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MEALS	
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APPOINTMENTS


TODAY I FELT

Morning

Afternoon

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NOTES









*Your Weekly Check In*

WHAT SUCCESSES HAVE YOU HAD WITH SELF-CARE THIS WEEK?

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SELF-CARE  
JOURNAL

*Week 3*

SELF CARE  
ROUTINE  
DAILY PLANNER



# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



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# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



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# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



MEALS

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TODAY I FELT

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# my SELF-CARE ROUTINE

TODAY'S FOCUS



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APPOINTMENTS


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# my SELF-CARE ROUTINE

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APPOINTMENTS


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APPOINTMENTS



WATER INTAKE



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TODAY I FELT



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# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



MEALS

BREAKFAST	
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SNACK	

TODAY I FELT



Morning

Afternoon

Evening

NOTES























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SELF-CARE  
JOURNAL

*Week 4*

SELF CARE  
ROUTINE  
DAILY PLANNER



# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



MEALS

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TODAY I FELT



Morning

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# my SELF-CARE ROUTINE

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APPOINTMENTS


WATER INTAKE



MEALS

BREAKFAST	
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TODAY I FELT



Morning

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# my SELF-CARE ROUTINE

TODAY'S FOCUS



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MEALS	
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APPOINTMENTS


TODAY I FELT

Morning

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NOTES



# my SELF-CARE ROUTINE

TODAY'S FOCUS



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MEALS	
BREAKFAST	
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APPOINTMENTS


TODAY I FELT

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# my SELF-CARE ROUTINE

TODAY'S FOCUS

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APPOINTMENTS


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TODAY I FELT



Morning

Afternoon

Evening

NOTES



# my SELF-CARE ROUTINE

TODAY'S FOCUS

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APPOINTMENTS


WATER INTAKE



MEALS

BREAKFAST	
LUNCH	
DINNER	
SNACK	

TODAY I FELT

Morning

Afternoon

Evening

NOTES



# my SELF-CARE ROUTINE

TODAY'S FOCUS



THINGS TO DO

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MEALS	
BREAKFAST	
LUNCH	
DINNER	
SNACK	

APPOINTMENTS


TODAY I FELT

Morning

Afternoon

Evening

NOTES





















Your Weekly Check In

WHAT SUPPORT DO YOU NEED TO ACHIEVE YOUR GOALS?

Multiple horizontal lines for writing.