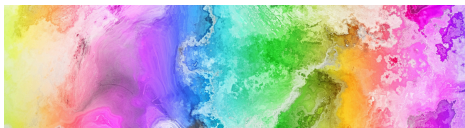
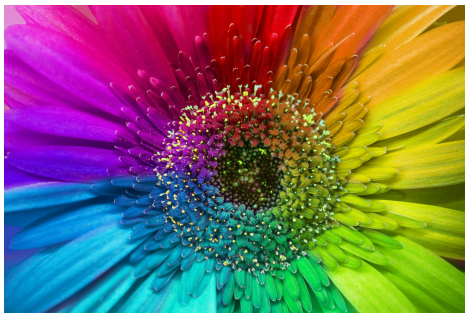


“BE THOU THE
Rainbow
IN THE STORMS OF
LIFE.”

- LORD BYRON





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PROMPTS

LIST FIVE THINGS YOU ARE GRATEFUL FOR
TODAY.

WRITE ABOUT YOUR CURRENT EMOTIONS AND
WHAT MIGHT BE INFLUENCING THEM.

WHAT TYPE OF PHYSICAL ACTIVITY MAKES YOU
FEEL ENERGIZED AND ALIVE?

WHAT CAN YOU DO TO IMPROVE YOUR SLEEP
QUALITY AND ESTABLISH A CALMING BEDTIME
ROUTINE?

WHAT ARE YOUR MAIN STRESSORS?

WRITE THREE POSITIVE AFFIRMATIONS ABOUT
YOURSELF.

HOW CAN YOU INCORPORATE AFFIRMATIONS
INTO YOUR DAILY LIFE.



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PROMPTS

WHAT ACTIVITIES BRING YOU JOY?

WHAT FEARS ARE HOLDING YOU BACK FROM
LIVING YOUR BEST LIFE? AND HOW CAN YOU
OVERCOME THEM?

WHO ARE THE PEOPLE IN YOUR LIFE THAT UPLIFT
AND SUPPORT YOU?

ARE THERE AREAS WHERE YOU NEED TO
ESTABLISH OR REINFORCE BOUNDARIES FOR
YOUR WELL-BEING?

WRITE ABOUT A RECENT ACT OF KINDNESS YOU
PERFORMED OR RECEIVED. HOW DID IT MAKE YOU
FEEL?





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TOPICS

USE THESE TOPICS TO GUIDE YOU
WITH ENHANCING YOUR SELF-CARE
THROUGH JOURNALING.....

JOYFUL MOMENTS

REST AND RELAXATION

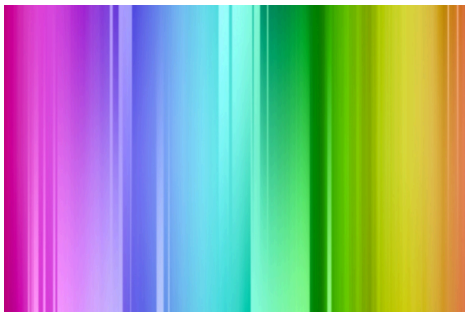
CHALLENGES AND GROWTH

PERSONAL VALUES

DREAMS AND ASPIRATIONS









Printing Instructions:

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To print more than one bookmark on a page:

1. Click Print
2. Set paper to US Letter 8.5x11
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4. Click Layout
5. Change to 2 or 4
6. Print

Other computers:

To print more than one bookmark on a page:

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2. Set paper to US Letter 8.5x11
3. Click on portrait
4. Click more settings
5. Click pages to print
6. Select 2 or 4
7. Print