



DAILY SELF-CARE DIARY

YOUR DAILY WELLNESS CHECK-IN

When you're feeling stressed, it can be hard to remember all the little things you can do to help yourself feel better! Below, we've compiled a helpful daily Self-Care Diary to help you stay on track when life gets hectic. Make 7 copies and try it for a week!

Don't worry: this isn't another To-Do list! It's okay if you don't check everything off the list every day. Even just a little bit of self-care each day can make a big difference.

HOW WAS YOUR DAY?

DAY

MONTH

YEAR

VERY POOR

AVERAGE

VERY GOOD



STRESS LEVELS UPON WAKING

1 2 3 4 5 6 7 8 9 10



LAST NIGHT'S SLEEP

1 2 3 4 5 6 7 8 9 10



ENERGY LEVELS

1 2 3 4 5 6 7 8 9 10



APPETITE

1 2 3 4 5 6 7 8 9 10



OVERALL WORKDAY

1 2 3 4 5 6 7 8 9 10



OVERALL INTERPERSONAL

1 2 3 4 5 6 7 8 9 10



STRESS LEVELS BEFORE BED

1 2 3 4 5 6 7 8 9 10

EMOTIONAL WELLBEING WORKSHEET

WHAT HAPPENED TODAY (GOOD OR BAD)?



HOW I REACTED



WHAT I LEARNED



HOW I'LL REACT NEXT TIME



WORDS OF KINDNESS TOWARD MYSELF



3 THINGS I'M GRATEFUL FOR TODAY


