

# Self-Care Journaling

## for September

S	M	T	W	T	F	S
31 	1 Things to do for your self-care this month.	2 Things you're grateful for from this summer.	3 What excites you about September and the fall season.	4 Things you want more of in your life now.	5 Whether you've been kind to yourself lately and why/why not.	6 One kind thing to do for yourself this week.
7 What the perfect fall day looks like to you.	8 Small things that bring you joy during the fall season.	9 A fall tradition you could start that would make you happy.	10 Cozy fall activities you love to do.	11 Music, books, and movies that make you feel cozy during fall.	12 Fall recipes you love.	13 What's on your fall bucket list.
14 Things you love about life now.	15 Three things that make you wonderful.	16 Things that make you unique.	17 Small accomplishments this month so far.	18 Something that always makes you feel happy.	19 One thing that's better this September compared to last year.	20 Write a thank-you letter to your past self.
21 Write a thank-you letter to your future self.	22 What a letter from someone who loves you to your present self would say.	23 Recent times you felt good about yourself.	24 People who make you feel good about yourself.	25 Experiences that make you feel good about yourself.	26 One caring thing you could do for yourself this week.	27 Self-care ideas that helped in the past.
28 Small cozy gifts you could get yourself (e.g. fluffy socks).	29 Things you loved about this month.	30 Things you're looking forward to next month.	1 	2 	3	4  Ordinary & Happy