

Self-Care Journaling

for March

S	M	T	W	T	F	S
1 Best thing you did for your self-care last month.	2 Things you could do for self-care this month.	3 One small way to improve your morning routine.	4 One small way to improve your evening routine.	5 A recent achievement that made you feel good.	6 Ideas for something fun to do this weekend.	7 What brought you joy this week.
8 Three cozy places you love and why.	9 Ways to make your home cozier.	10 One kind thing to do for yourself this week.	11 People who make you feel supported.	12 Things you're grateful for this week.	13 Ways to recharge over the weekend.	14 Feel-good movies you love.
15 Fun experiences you've had this month.	16 Things you could simplify about your day.	17 A list of things you want to enjoy this spring.	18 Things currently inspiring you.	19 Skills you want to work on this season.	20 Ways you can be kinder to yourself.	21 Hobbies you love and why.
22 Outdoor activities you could do more often.	23 Things that could make your mornings brighter.	24 Simple things you enjoy (e.g., a cup of tea, a scented candle).	25 Small gifts you could get yourself.	26 Places you love where you could go more often.	27 A small win you had this week.	28 Things you want to appreciate more.
29 What you want to say 'yes' to more this season.	30 Ten things around you that you love.	31 Something you look forward to in April.	1	2	3	4