

# Self-Care Journaling *for June*

S	M	T	W	T	F	S
30	1 Things you could do for your self-care this month.	2 Things that excite you about June.	3 Things you're grateful for today.	4 What being 'enough' means to you.	5 Ways to show yourself more compassion.	6 Something you want to let go of.
7 What you need more of in your life now.	8 The thing you love most about yourself.	9 Things that help you stay grounded.	10 A kind message you'd have for your younger self.	11 A kind message your future self would have for you.	12 Ways you can be kinder to yourself.	13 People who make you feel loved and supported.
14 Things that inspire you to keep going.	15 Ways to recharge this week.	16 A reminder you need to hear today.	17 Activities that make you feel happy.	18 One way to treat yourself this weekend.	19 Your favorite place in the world and why.	20 Your favorite inspirational quote and why.
21 People you want to connect with more.	22 Small ways to celebrate yourself.	23 Ways you've shown resilience lately.	24 Times you surprised yourself in a positive way.	25 Ways to improve your work-life balance.	26 Activities that make you lose track of time.	27 The ideal self-care day.
28 Your favorite feel-good songs.	29 Ways you've become a better person.	30 What you loved about this month.	1 	2 	3 	4  Ordinary & Happy