

October Self-Care Journaling for a More Confident You

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 Things you did last month that made you feel good about yourself.	2 Something simple that brought you joy recently.	3 One thing you're grateful for this week.
4 Write down a list of your favorite things (songs, movies, scents).	5 Describe your favorite place in the world.	6 Your favorite memory from last month.	7 One thing that made you smile today.	8 Write an inspirational letter to your future self.	9 Something kind you can do for yourself this weekend.	10 One thing you loved about this week.
11 What makes you feel confident.	12 One thing you're looking forward to this week.	13 What makes you feel loved.	14 Things you love about your home.	15 Things you can do to make your home cozier.	16 Write about the last time you laughed really hard.	17 One experience you loved this week.
18 Ways to show kindness to others this week.	19 Three things you're looking forward to this week.	20 A recent compliment you received that you appreciated.	21 Write down about your ideal vacation.	22 What makes you feel hopeful.	23 Things that make you feel recharged.	24 One caring thing you did for yourself this week.
25 Write down an inspirational message to yourself for a hard day.	26 Describe your ideal day.	27 Five small things you could do to improve your mood.	28 Write about the people in your life you appreciate.	29 What you love most about yourself.	30 Your top three things about this month.	31 Things you're looking forward to next month.