

Guided Journaling Exercise



Guide to Self Care

What are top 3 stressors in your life?

Choose one thing to do each day this week to take care of yourself physically, emotionally and spiritually. Keep track below:

Monday-

Thursday-

Tuesday-

Friday-

Wednesday-

Saturday/Sunday-

At the end of the week, do your top 3 stressors still feel like stressors after choosing to take care of yourself?