

# Caring for Myself



## My Self-Love Journal

# Welcome!

I am a Mom to 5. My name is Elizabeth and love talking about God. One thing I noticed among many moms, including Christian Moms is we lack self-care. Yes, I know we are constantly busy making sure our kids/spouses are taken care of. I know you have an endless list of things to do in the community.

I also know that God did not want us to forget to take care of ourselves. This journal is to help you take the steps needed to self-love.

*Elizabeth Ferree*



## ABOUT ME

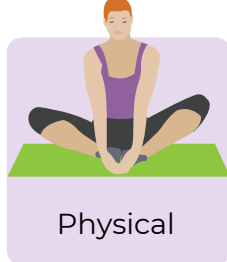
Howdy ya'll! It's me, Eliza and I'm here to help you learn how to take a few moments out of every day and do a little for yourself. Remember it only takes 21 days to form a habit. Maybe you should include self-care in that!

# Small Steps for Taking Care of Yourself

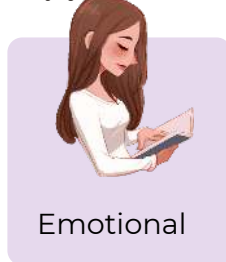
To care for your health and well-being, it is important to find a balance that allows you to address each kind of self-care.



## Types of Self-Care



Physical



Emotional



Social



Spiritual

## What Can You Do?

- Journaling
- Do Exercise
- Eat Your favorite Meal
- Meditate
- Talk with Friends
- Do Your Hobby
- Sleep for 8 Hours
- Go on a Walk

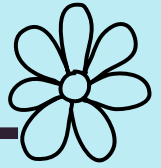


### Reminder!

Prioritizing yourself first is necessary for your own well-being. But it also helps spread kindness when you are in a good mood too.



# SELF-LOVE JOURNAL



Date: \_\_\_\_\_

## Self-Care List:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## My Mood Today:



## Today's to-do list:

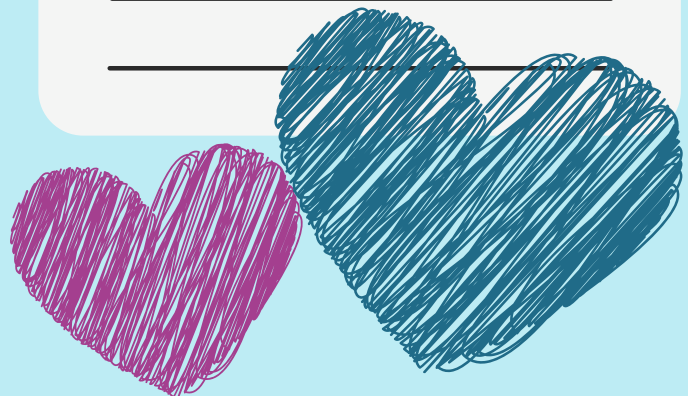
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## Things that made Me Happy Today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## A Positive Word for Today:

\_\_\_\_\_  
\_\_\_\_\_



# WATER TRACKER

**SUNDAY**



**MONDAY**



**TUESDAY**



**WEDNESDAY**



**THURSDAY**



**FRIDAY**



**SATURDAY**



# SLEEP TRACKER

Color in your sleeps

**SUNDAY**



**MONDAY**



**TUESDAY**



**WEDNESDAY**



**THURSDAY**



**FRIDAY**



**SATURDAY**



# Daily Routine :

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