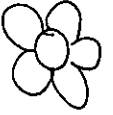
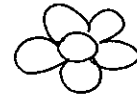
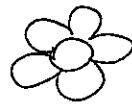
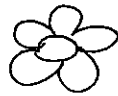


date: ~~~~~

MY  
SELF  
CARE  
JOURNAL  
❤️

name: ~~~~~



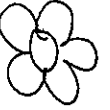
## Positive Attitude



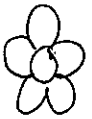
*"Peace. It doesn't mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart."- Unknown*



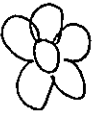
Developing a positive attitude is going to take some time and patience. You are in control of your own happiness Time to get started!



- **Make your mind up to be happy.** Learn to find pleasure in the simple things. What daily things go on in your household that you take for granted? Are there things that if you pay attention, they can bring a smile to your face? If you chose to.....



- **Make the best of your circumstances.** Everyone has problems. Chose to make the laughter instead of the tears. Let your attitude set the vibes in your house.



- **Don't take yourself too seriously.** You are doing the best you can. Don't think that you can control things that happen to others. You only control things in your control.



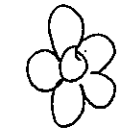
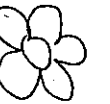
- **You cannot please everyone.** Social media may help connect you with your friends and family. Are your social media contacts being supportive? Do not let criticism make you worry that you are doing something wrong.



- **Always be yourself.** Do not try to keep with your neighbors. The game of life doesn't have a winner or a loser, it is not a competition. Do what makes you happy, not what you think others think make you happy.



- **Do things that you enjoy.** Think of some free or thrifty things that you enjoy doing, or your family enjoys doing, and do those. Chances are the things that you enjoy doing will include your family.



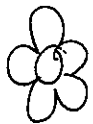
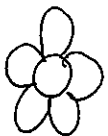
- **Do not carry grudges.** Hate can poison the soul and suck the positive vibes out of you. Avoid people who make you unhappy. This is your life to live and you do not need your positive energy taken from you.

- **Have many interests.** You should not lose site of things that interest you. Spend time reading about new things or new places. Reestablish previous passions or hobbies that you had!



- **Do what you can to help those less fortunate.** Taking a moment to do something for someone that needs it will boost your positive vibes. It will make you realize that you are fortunate for the things that you have in your life.

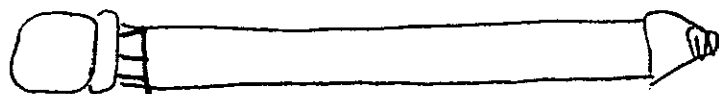
- **Keep busy!** A busy person does not have time to be unhappy. Stay busy, keep practicing towards a positive attitude. You can make your household filled with positive laughter and vibes.





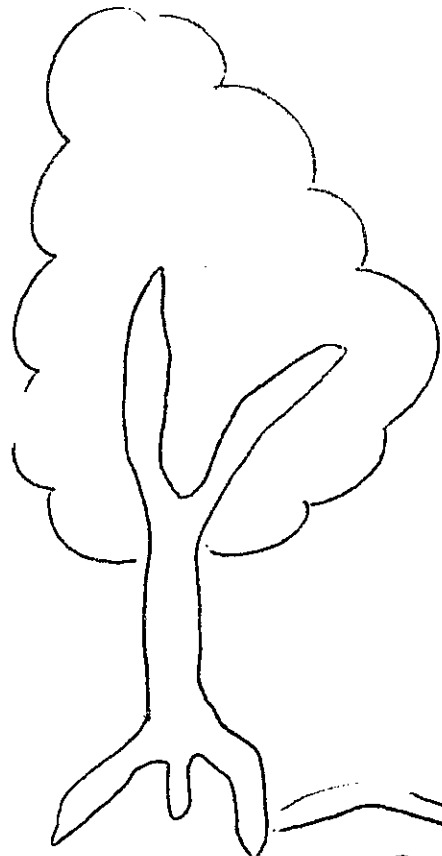
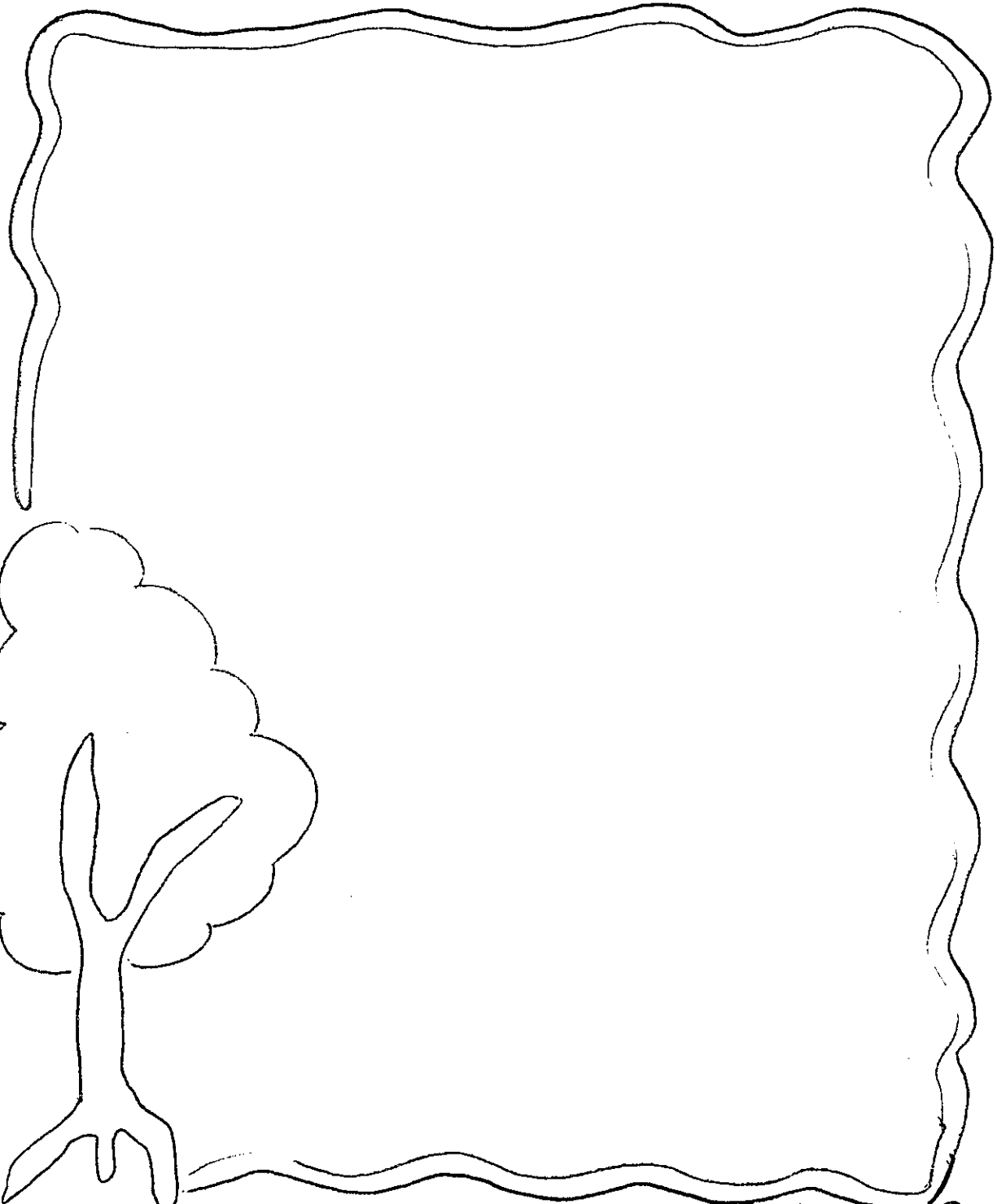
What  
SELF CARE

Rituals + Rules  
will you have?



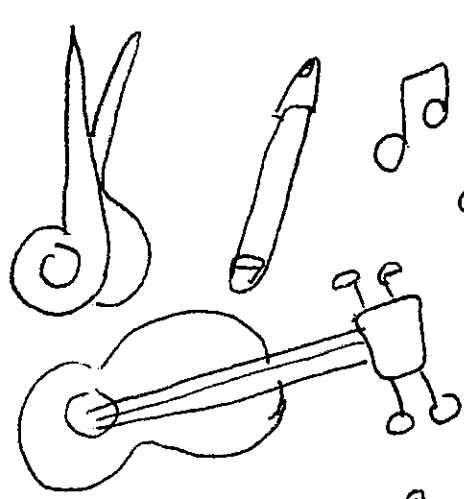


What do you do to  
be ACTIVE?



see what HOME  
or Gardening  
Projects  
Do you WANT to do?

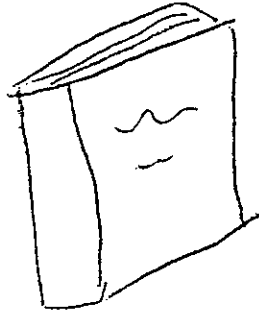
A decorative border with circles at the corners and wavy lines. Inside the border are six horizontal lines for writing.



# What CREATIVE PROJECTS

Would you like to do?

A large, empty rectangular box with a decorative border. The border is composed of a repeating pattern of musical notes and stems, forming a frame for the user to write their creative project ideas.

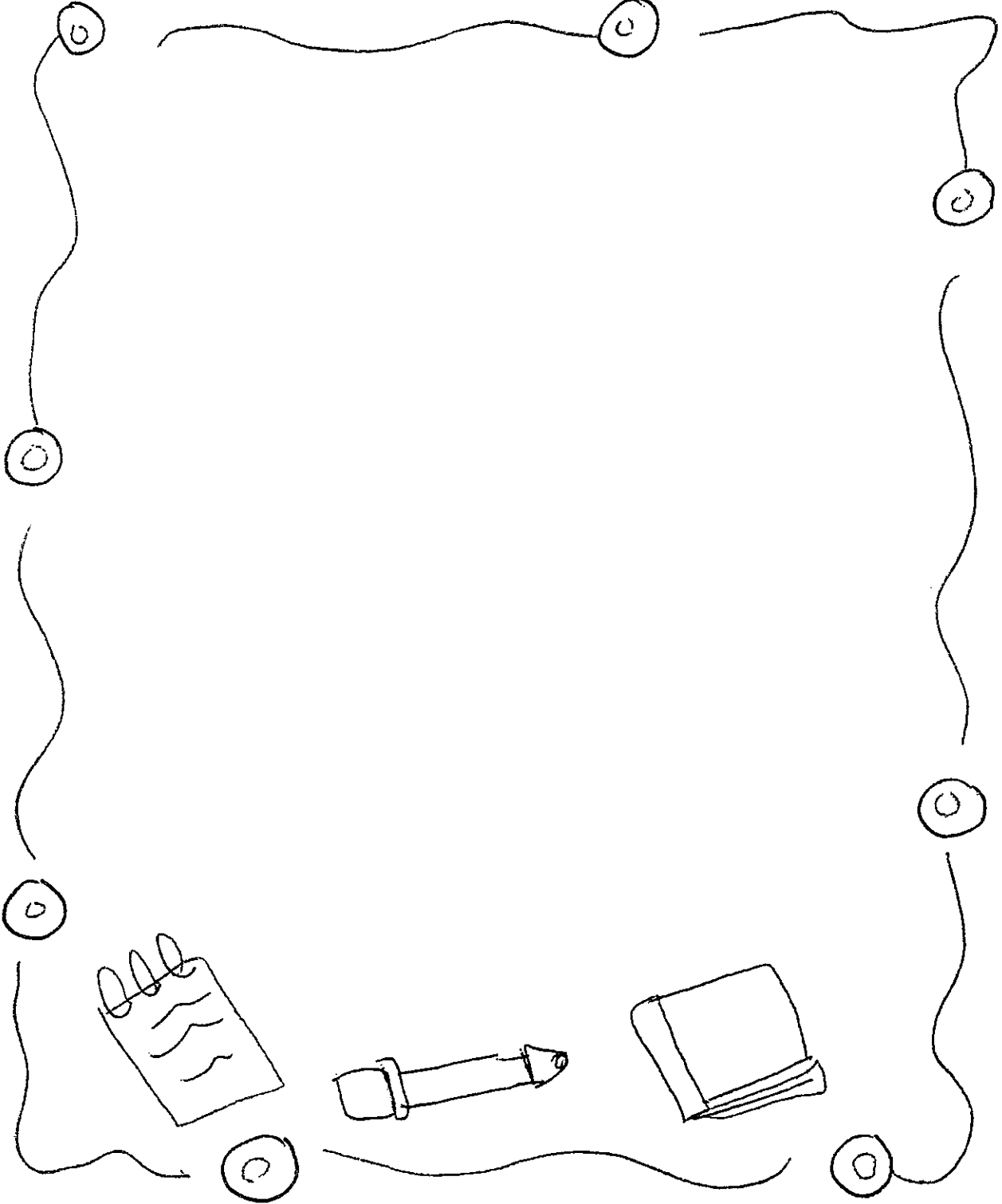


What **BOOKS**  
Would you like to  
**EREAD?**

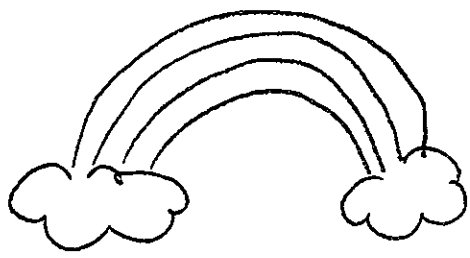


What do you  
want to

STUDY or LEARN  
ABOUT?







WHAT Makes

You Smile?

A decorative frame containing two columns of five horizontal lines each, intended for writing answers. The frame is adorned with small hearts at the corners and midpoints.

Do more of that!!





**Writing without a purpose: Answer the following statements with as little or as much detail as you chose.**

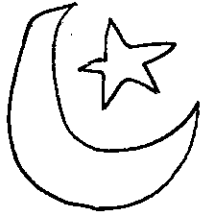
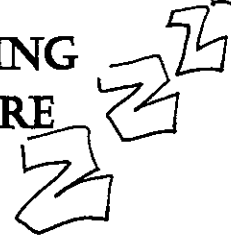
**FINISH THE SENTENCE THAT BEGINS WITH  
"WHAT I'VE ALWAYS WANTED TO SAY IS....."**

A large rectangular area defined by two vertical lines on the left and right sides, and two horizontal lines at the top and bottom, intended for writing an answer to the prompt above.

**TWO DOLLARS ISN'T A LOT OF MONEY  
UNLESS.....**



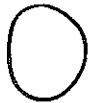
**WHAT DOES YOUR SLEEPING, DREAMING  
MIND THINK IN THE MOMENTS BEFORE  
YOU WAKE UP?**

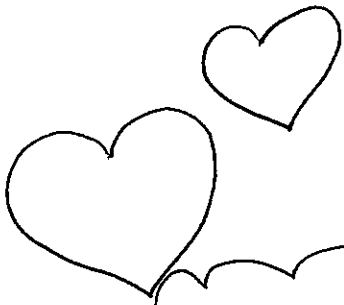


**DO YOU HAVE A SUPERSTITION?  
WHAT IS IT, WHY DO YOU HAVE IT, AND  
HOW DO YOU FOLLOW IT?**



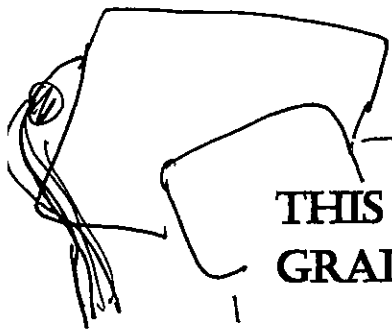
**WRITE A CHILDREN'S STORY SET IN THE WOODS.**





**WRITE A LOVE LETTER TO THE ONE  
THAT GOT AWAY.**

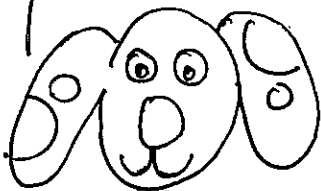
A large rectangular area with a decorative scalloped border, intended for writing a love letter. The border consists of a series of small, rounded, overlapping shapes that create a wavy, shell-like edge.



**THIS IS THE BEST ADVICE FOR A TEEN JUST GRADUATING FROM HIGH SCHOOL.....**

**THAT SNAPPY REPLY YOU NEVER GET TO SAY.....**

**A DAY IN THE LIFE OF A DOG.....**



**THINK ABOUT AN EPISODE OF YOUR LIFE  
YOU DARE NOT WRITE.... NOW WRITE IT!**



DATE: \_\_\_\_\_

What ARE You  
GRATEFUL  
For today?

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

4.

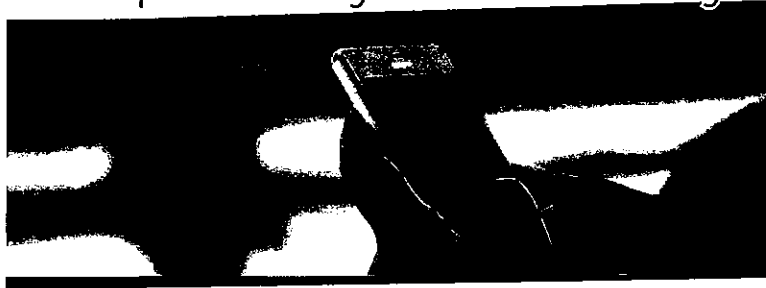
\_\_\_\_\_

5.

\_\_\_\_\_



Help is only a text away.



text "HOPELINE™"  
to 741741

Here's how it works:

- 1 Text "HOPELINE™" to 741741 anywhere, anytime, about any type of challenge or struggle.
- 2 A live, trained specialist receives the text and responds quickly.

HOPELINE™ Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via the medium they already use and trust: text.

Each person that texts in is important to us and we care about what they are dealing with.

sometimes you  
just need someone  
to care.

