

The Self-Kindness Journal

Each day, take a moment to reflect with kindness. Write down how you are feeling, a gentle or encouraging thought for yourself, and one small way you can take care of yourself today. This could be as simple as resting, setting a boundary, or noticing something good about yourself. There are no right or wrong answers—just a space to be kind to yourself.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



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See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com



2 www.anxietyhelpbox.com



3 www.feelingshelpbox.com



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