

*Self*CARE

JOURNAL

V · I · N

Small ways to
look after
yourself



W E L C O M E

This is a quiet space to pause and check in
with yourself.

There's nothing to complete and nothing to
get right.

You don't need to fix anything here.

Just write what you need to, in your own time.

HOW I'M FEELING

No pressure to explain. Just write what's true...



WHAT'S WEIGHING ON ME

You don't need to solve it here, just name it...



WHAT MIGHT HELP

If I could make today feel even 5% easier, I might...



LET IT OUT

This isn't about fixing anything. It's just a place to let it go...



PERMISSION

To rest. To say no. To slow down. To do nothing...



A GENTLE CLOSE

Before I finish, one thing I want to acknowledge is...



You can come back
to this anytime.

Add to it, download it,
or delete it.

*There's nothing else
you need to do.*

