



THE

# Self-Care Journal

# Welcome!

I am Kristy-lee, Spiritual Life Coach, Advanced Soul Realignment Practitioner, Crystal and Chakra Healer. I am so glad that you have found your way to this self-care journaling workbook.

Warmly welcome you to seven glorious days worth of journal prompts, each day I invite you to answer two questions designed to gently get you to think about just how amazing you are.

Together we will embark on a journey of self-discovery and enlightenment.

Much love,

*Kristy-lee xox*



## ABOUT ME

Kristy-lee; sacred space holder, intuitive, Divine Wisdom Keeper and your guide through your journey of remembrance and reconnection.

Today's date \_\_\_\_\_



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What is something that I've been wanting to learn or try, and how can I make time for it in my schedule?

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What are some of my strengths and how can I use them to build my confidence and accomplish my goals?

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Today's date \_\_\_\_\_

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What are some things that I am grateful for in my life, and how can I cultivate a sense of gratitude on a regular basis?

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What are three things that I am grateful for today?

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Today's date \_\_\_\_\_

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What does my body need more of right now? (Rest, movement, nourishment, etc.)

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What is one small habit I can start to improve my well-being?

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Today's date \_\_\_\_\_

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What is one challenge I overcame recently, and what did I learn from it?

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What is a limiting belief I want to let go of?

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Today's date \_\_\_\_\_

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Who in my life makes me feel supported, and how can I nurture that relationship?

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What are my personal boundaries, and how can I honor them more?

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Today's date \_\_\_\_\_

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How can I show myself more kindness and compassion today?

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What does self-love mean to me? How can I embody it more?

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Today's date \_\_\_\_\_

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What is one thing I can do today that will bring me joy?

You have lots of space below so go wild with this question and let your imagination flow!



If you get stuck think about this question - if you got to choose how your day looked, where you went, who you spent time with etc. how would it unfold?

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SELF CARE  
IS A  
PRIORITY  
AND  
Necessity  
NOT A  
LUXURY