



32

Daily Affirmations

DAILY
AFFIRMATIONS

Self-Care Worksheet



*For a healthy & happy
mind, body, and spirit*



Daily Life Journal

32

Daily Affirmations

I am intelligent
I am funny
I have a great butt
My friends like me for who I am
I'm not perfect and that's okay
I am grateful for my home
I have time to do things I love
My thoughts matter
I am allowed to take up space
I am allowed to be loud
I like me
I love me
I am beautiful
I love my body
My feelings matter
I am grateful for my loved ones
I am so loved
I deserve and receive massive amounts of love every day
I am allowed to say No
My mistakes don't define me
I am important and I matter
I am enough
I love and accept myself
I find freedom in my vulnerability
I feel wonderful and alive
I am worthy
I am in charge of my own self-worth
I am exactly where I need to be right now
I let go of the things I cannot control
I am calm and peaceful
I am in love with myself and my body
My growth is a continuous process



Worksheet

Self-Care

MIND

CURRENT PRACTICE:

NEW PRACTICE:

EMOTION

CURRENT PRACTICE:

NEW PRACTICE:

BODY

CURRENT PRACTICE:

NEW PRACTICE:

SPIRIT

CURRENT PRACTICE:

NEW PRACTICE:

Daily Life Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED

Area for writing challenges, highlighted in light orange.

What inspired me today:

HOW I WILL IMPROVE TOMORROW:

Area for writing improvement goals, highlighted in light blue.

SPIRITUALITY

FAMILY

Vision Board *Worksheet*



WEALTH

CAREER

*Believe
it
to
see
it.*

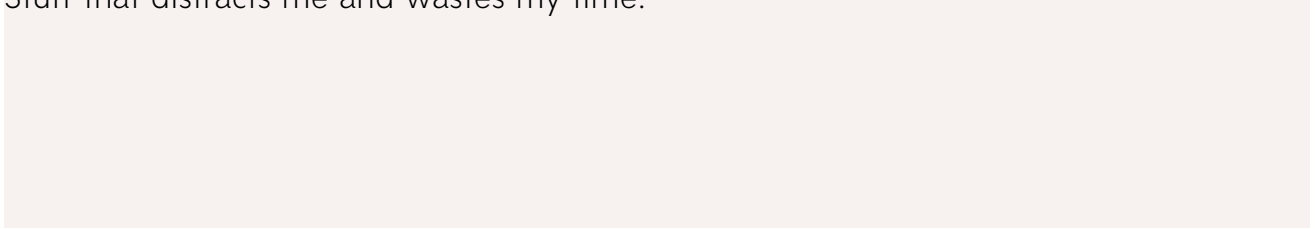
HEALTH

LOVE

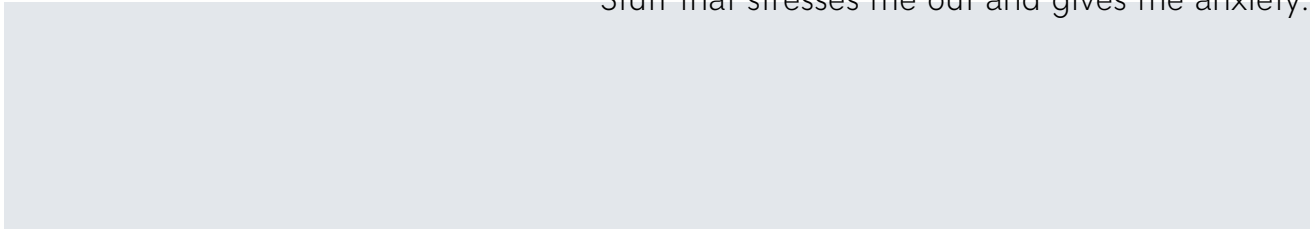
KNOWLEDGE

My Not-To-Do List

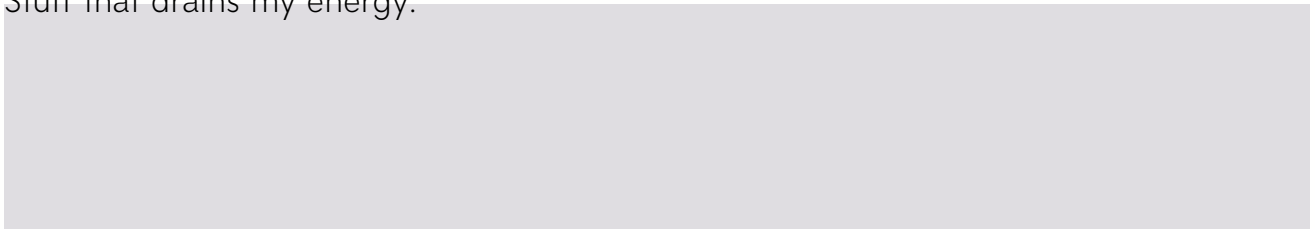
Stuff that distracts me and wastes my time:



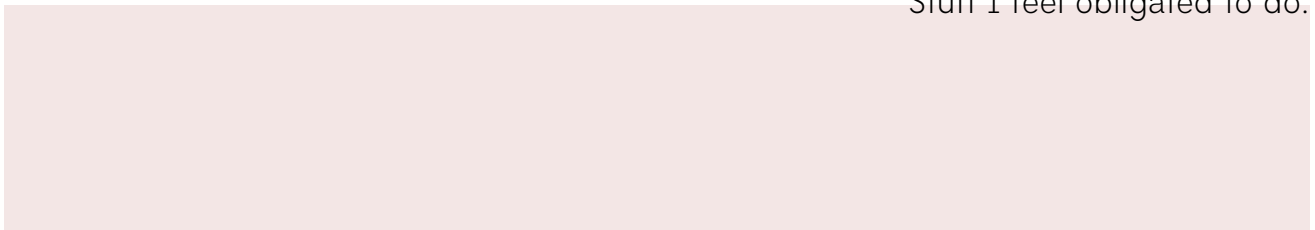
Stuff that stresses me out and gives me anxiety:



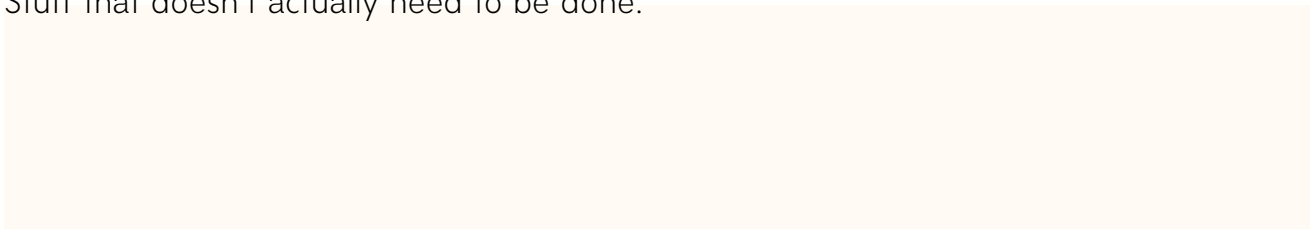
Stuff that drains my energy:



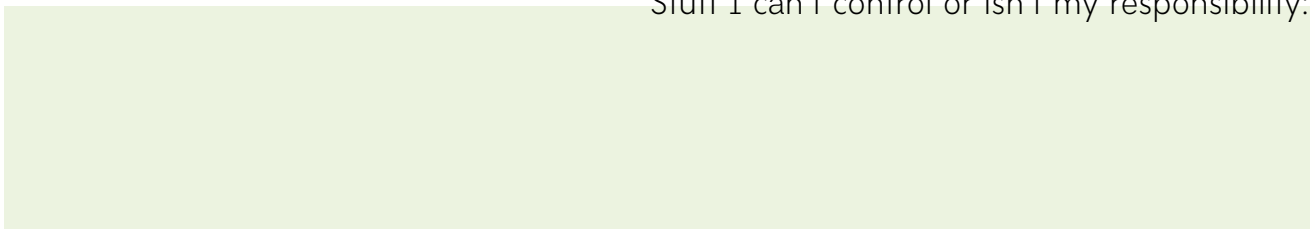
Stuff I feel obligated to do:



Stuff that doesn't actually need to be done:



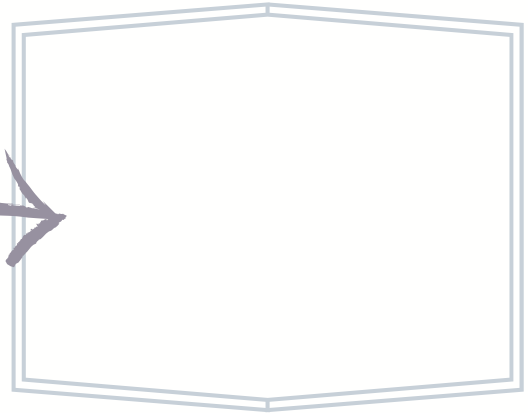
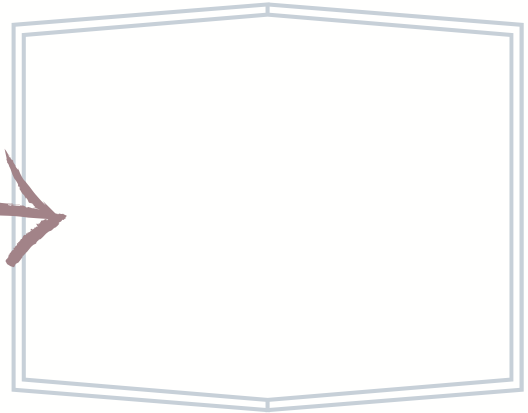
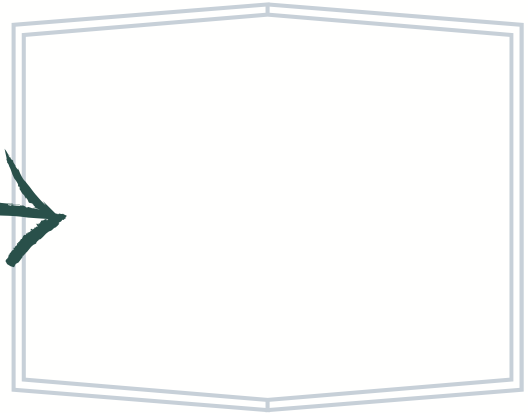
Stuff I can't control or isn't my responsibility:





The
Distance
between
Dreams
Reality
is called
Action &

Anxiety Vs. Truth *Worksheet*



3 minute
Self-Esteem
JOURNAL

SOMETHING I DID WELL TODAY:

TODAY I HAD FUN WHEN:

I FELT PROUD WHEN:



Weekly Reflection

WEEK OF: / - /

Accomplishments:

WHAT I WANTED TO GET DONE, BUT DIDN'T



Empowering Simplicity



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