

SELF-CARE DAILY WORKSHEET



Revive & Sustain
WELLNESS

THREE THINGS I DID
REALLY WELL TODAY:



TODAY I CARED FOR MYSELF BY:



ONE MISTAKE I MADE TODAY WAS: _____

WHAT I LEARNED FROM THAT WAS: _____

INSTEAD, NEXT TIME I CAN TRY: _____

THINGS I NEED TO
FORGIVE MYSELF FOR:



UNCOMFORTABLE EMOTIONS I
ALLOWED MYSELF TO FEEL TODAY:



THINGS I'M GRATEFUL
FOR:



A BOUNDRY I AM
WORKING TO SET:



A BOUNDRY I SET OR
UPHELD TO PROTECT
MYSELF:

