

A FREE RESOURCE FOR EVERYONE

Rooted *Daily*

Self-Care Journal Pages

Daily Reflection · Morning Intentions · Evening Check-In
Journal Prompts · Weekly Review

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Daily Reflection

Date: _____

❖ HOW I FEEL TODAY

<input type="checkbox"/> Radiant	<input type="checkbox"/> Peaceful	<input type="checkbox"/> Tender	<input type="checkbox"/> Grounded
<input type="checkbox"/> Heavy	<input type="checkbox"/> Fired Up	<input type="checkbox"/> Joyful	<input type="checkbox"/> Other

❖ ENERGY LEVEL (CIRCLE ONE)

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

Depleted

Overflowing

❖ WHAT I AM GRATEFUL FOR

❖ WHAT DOES MY SPIRIT NEED TODAY?

TODAY'S AFFIRMATION

Morning Intentions

Date: _____

*"Growth is not always loud. Sometimes it looks like
choosing yourself quietly, every single day."*

— Sonya Royster

❖ I INTEND TO FEEL THIS WAY TODAY

❖ MY TOP 3 PRIORITIES

- ◆ 1. _____
- ◆ 2. _____
- ◆ 3. _____

❖ ONE WORD TO CARRY WITH ME TODAY

❖ A PRAYER OR INTENTION FOR TODAY

❖ WHAT I WILL DO JUST FOR ME TODAY

Evening Reflection

Date: _____

❖ A MOMENT THAT MATTERED TODAY

❖ SOMETHING I DID FOR MYSELF

❖ WHAT I AM RELEASING BEFORE I SLEEP

❖ WHAT I AM PROUD OF TODAY

❖ TODAY I TOOK CARE OF MYSELF BY...

- | | |
|--|---|
| <input type="checkbox"/> Drank enough water | <input type="checkbox"/> Moved my body |
| <input type="checkbox"/> Got good rest | <input type="checkbox"/> Set a boundary |
| <input type="checkbox"/> Rested without guilt | <input type="checkbox"/> Ate nourishing food |
| <input type="checkbox"/> Connected with someone I love | <input type="checkbox"/> Spent time in silence |
| <input type="checkbox"/> Did something joyful | <input type="checkbox"/> Said no to something |
| <input type="checkbox"/> Breathed intentionally | <input type="checkbox"/> Tended to my skin / hair |

Weekly Check-In

Week of: _____

❖ THIS WEEK I AM MOST PROUD OF...

❖ WHAT DRAINED ME THIS WEEK

❖ WHAT FILLED ME UP THIS WEEK

❖ ONE THING I WANT TO DO DIFFERENTLY NEXT WEEK

❖ MY INTENTION FOR NEXT WEEK
