

Self-Care Journal



Who or what inspires me? Why?

How will I show kindness/be kind to someone this week?

What is something I am looking forward to this week?

What is something I can do to show myself care / take care of my well-being?

What is a past challenge or obstacle that I am proud of how I handled? What did I learn from it?

What is something I'd like to learn or try doing?

Created in partnership
with Kids Help Phone.



For additional mental health
resources visit bell.ca/letstalk

