

Self Care *Daily Journal*

Welcome, beautiful soul.



I'm Bridget, and I'm so honored you're here.

If you've been carrying the weight of everyone else's needs, emotions, and expectations, you've probably forgotten what it feels like to truly check in with yourself

This journal is your invitation to pause.

Each page offers a gentle space to reconnect with your heart, honor where you are today, and remember that your well-being matters too.

You don't have to heal everything today. Just begin with this moment.

One breath.

One page.

One gentle act of kindness toward yourself.

Welcome home.

With love,

Bridget

Self Care *Daily Journal*

What Self Care Really Means

Self-care isn't about bubble baths or checking another box on your to-do list.

It's about listening to yourself.

It's noticing when you're exhausted before burnout.

It's giving yourself permission to rest.

It's choosing compassion instead of criticism.

Every small act of caring for yourself reminds your heart and nervous system:

I am safe.

I matter.

I am worthy of love.



A Gentle Reminder

Healing doesn't happen all at once.

It grows through the small moments when you choose to pause, breathe, and care for yourself with kindness.

Each page is one gentle step toward reconnecting with yourself.

One breath, one page, one gentle choice at a time, you begin coming home to yourself.

Self Care *Daily Journal*

Making This Practice Your Own

There is no perfect way to use this journal.

Some women enjoy beginning their morning with a few quiet moments of reflection. Others find comfort in slowing down before bed. Choose the time that feels best for you.

As you write, allow yourself to be honest. There are no right or wrong answers here, only your thoughts, your feelings, and your heart.

With each page, you're gently learning to check in, listen inward, and care for yourself with compassion.

Trust the process.

One breath.

One page.

One gentle step at a time.

✨ Gentle Reminder

stay with this practice for the full 90 days.

Some days you'll write more than others.

Both are enough.

Healing isn't about perfection.

It's about returning to yourself again and again.

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Today's Gentle Affirmation

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Today I offer myself compassion for...

Tomorrow I'll gently care for myself by...

Today I'm grateful for...

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Today's Gentle Affirmation

Today I honor myself because...

Today I offer myself compassion for...

Tomorrow I'll gently care for myself by...

Today I'm grateful for...

Today's Reflection

Gentle Intention for
Tomorrow

Self Care Daily Journal

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Before You Close This Journal



If you're reading this, you've spent the last 90 days making one small choice after another to care for yourself.

That is something worth celebrating.

Some days were easy.

Others were messy, emotional, or simply hard.

No matter what your journey looked like, I hope these pages reminded you to pause, breathe, and reconnect with yourself.

Healing isn't about becoming someone new.

It's about remembering who you've always been.

As you move forward, keep listening to your heart, offering yourself compassion, and choosing yourself—one gentle step at a time.

Thank you for allowing me to walk beside you.

With love,

Bridget

Self Care *Daily Journal*

What I'm Taking With Me

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.