



Self Care Coloring Book

with Daily Journal



List 10 small things that make you smile.

1

2

3

4

5

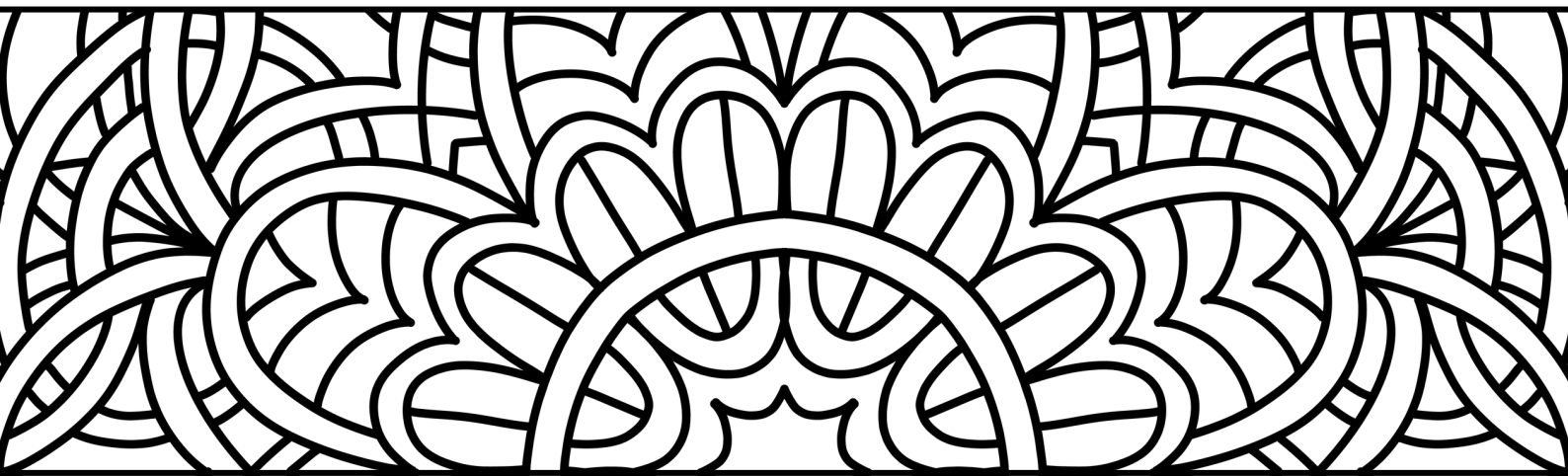
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Mood tracker

Mon Tue Wed Thu Fri Sat Sun

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happy



in love



calm



stressed



sad



angry



Habit Tracker

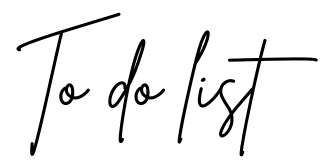
Habits:

Mon Tue Wed Thu Fri Sat Sun

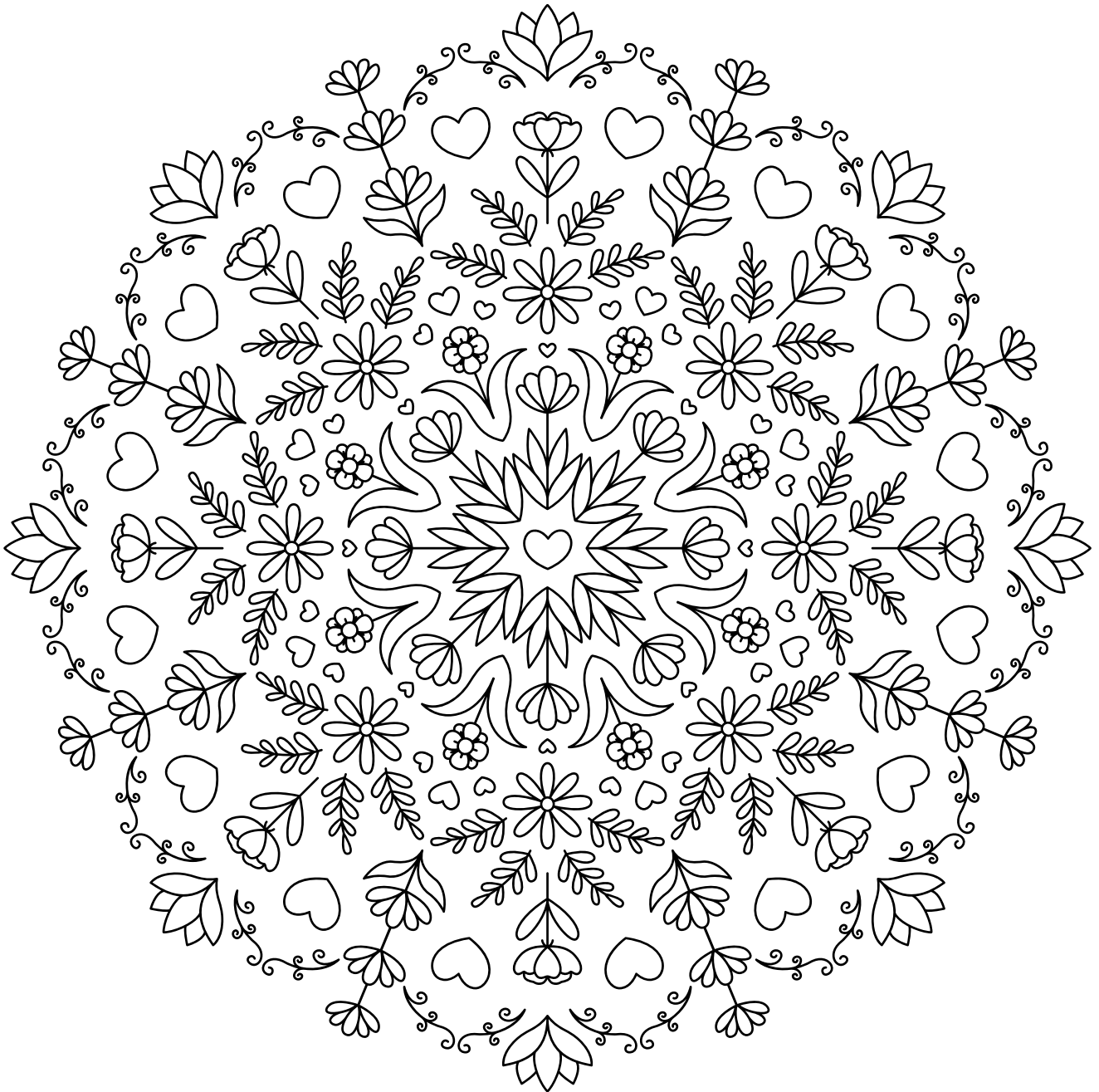
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notes:



[illegible]

Love Mandala

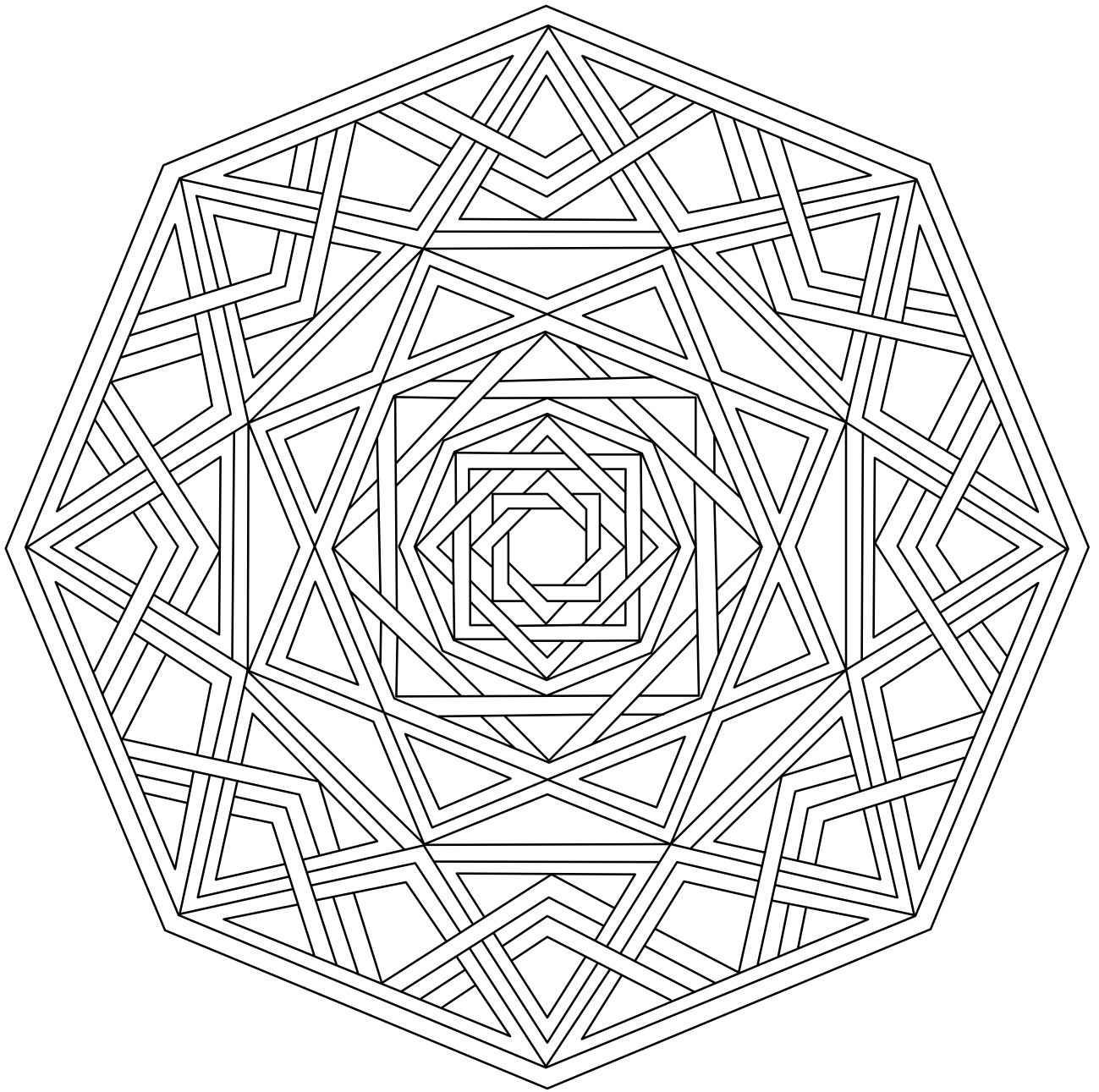


What does love mean to me right now?

Affirmations for happiness

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.

Wealth mandala



What does financial freedom mean to me?

Affirmations for confidence

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



Creative page: doodle or collage your safe space