



NUTRIVITALITY

| WELLNESS  
| JOURNAL

a better you, every day



## Note to yourself:

You don't always need a plan. Sometime you just need to breathe, trust, let go, and see what happens. Always remember you are strong enough to face it all even if it doesn't feel like it right now.

30 DAY

# Self-Care

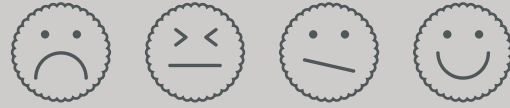
CHALLENGE

This booklet contains 30 self-care prompts and 30 journal pages designed to help you reflect on your day and how you feel in support of your mental wellness. Each day simply pick a prompt and fill in a page and see where it takes you!

<input type="radio"/> Stretch all your muscles	<input type="radio"/> Sit and be still for 10 minutes	<input type="radio"/> Go for a walk in nature	<input type="radio"/> Eat your favourite treat	<input type="radio"/> Have an early night and a new bedtime routine
<input type="radio"/> Listen to your favourite album	<input type="radio"/> Have only plant based meals for a day	<input type="radio"/> Practice yoga	<input type="radio"/> Spend time cooking a favourite meal	<input type="radio"/> Have a pamper evening
<input type="radio"/> Practice gratitude	<input type="radio"/> Try a diy project	<input type="radio"/> Give yourself a facial	<input type="radio"/> Set up a new journal	<input type="radio"/> Take yourself on a solo date
<input type="radio"/> Start a new book	<input type="radio"/> Wake up early and watch the sunrise	<input type="radio"/> Try a new hobby or exercise class	<input type="radio"/> Explore a new city	<input type="radio"/> Write out your goals
<input type="radio"/> Organise your wardrobe, have a clear out	<input type="radio"/> Catch up with an old friend	<input type="radio"/> Build a mood board for your ideal future	<input type="radio"/> Watch your favourite film	<input type="radio"/> Practice mindful meditation
<input type="radio"/> Listen to a podcast or audiobook	<input type="radio"/> Do something creative (writing, drawing, etc.)	<input type="radio"/> Put on an outfit that makes you feel good	<input type="radio"/> Turn your phone off for a bit	<input type="radio"/> Take a break from social media

DATE: \_\_\_\_\_

MOOD:



DID YOU HAVE ENOUGH:

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SLEEP	<input type="radio"/>	<input type="radio"/>
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WORK	<input type="radio"/>	<input type="radio"/>
EXERCISE	<input type="radio"/>	<input type="radio"/>
FOOD	<input type="radio"/>	<input type="radio"/>
VITAMINS	<input type="radio"/>	<input type="radio"/>
FRESH AIR	<input type="radio"/>	<input type="radio"/>
SELF CARE	<input type="radio"/>	<input type="radio"/>

TODAY'S CHALLENGES:

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TODAY'S HIGHLIGHTS:

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HYDRATION LEVEL:



TODAY'S AFFIRMATIONS:

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TODAY'S ACCOMPLISHMENTS:

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WHAT AM I GRATEFUL FOR RIGHT NOW?

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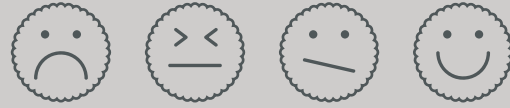
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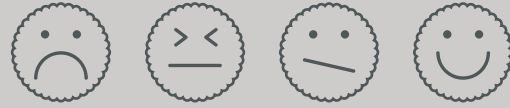
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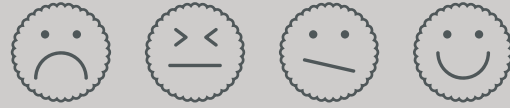
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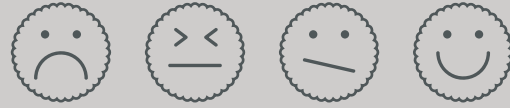
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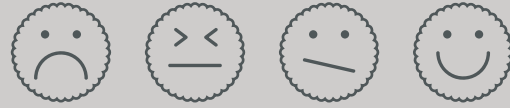
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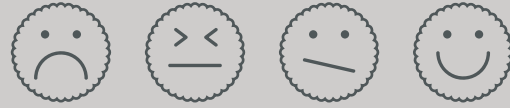
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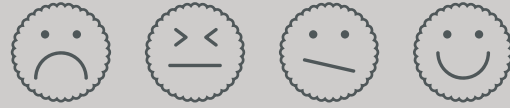
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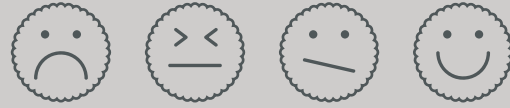
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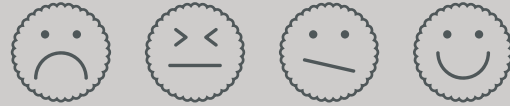
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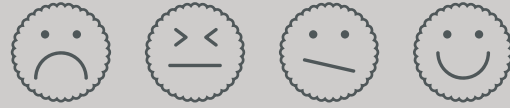
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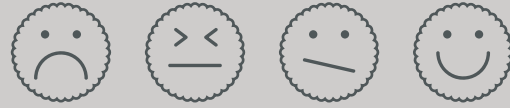
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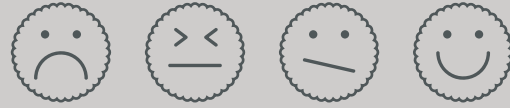
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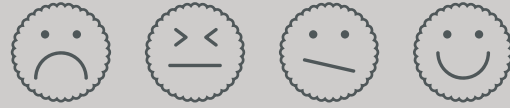
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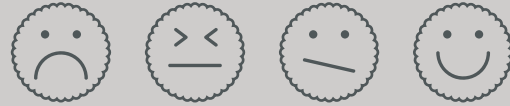
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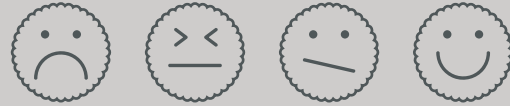
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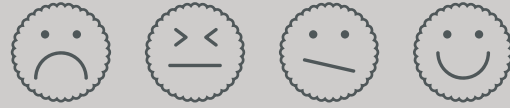
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RELAXATION	<input type="radio"/>	<input type="radio"/>
WORK	<input type="radio"/>	<input type="radio"/>
EXERCISE	<input type="radio"/>	<input type="radio"/>
FOOD	<input type="radio"/>	<input type="radio"/>
VITAMINS	<input type="radio"/>	<input type="radio"/>
FRESH AIR	<input type="radio"/>	<input type="radio"/>
SELF CARE	<input type="radio"/>	<input type="radio"/>

TODAY'S CHALLENGES:

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TODAY'S HIGHLIGHTS:

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HYDRATION LEVEL:



TODAY'S AFFIRMATIONS:

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TODAY'S ACCOMPLISHMENTS:

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WHAT AM I GRATEFUL FOR RIGHT NOW?

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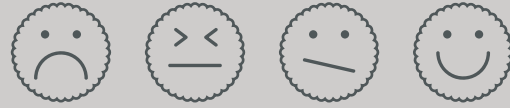
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DATE: \_\_\_\_\_

MOOD:



DID YOU HAVE ENOUGH:

	YES	NO
SLEEP	<input type="radio"/>	<input type="radio"/>
RELAXATION	<input type="radio"/>	<input type="radio"/>
WORK	<input type="radio"/>	<input type="radio"/>
EXERCISE	<input type="radio"/>	<input type="radio"/>
FOOD	<input type="radio"/>	<input type="radio"/>
VITAMINS	<input type="radio"/>	<input type="radio"/>
FRESH AIR	<input type="radio"/>	<input type="radio"/>
SELF CARE	<input type="radio"/>	<input type="radio"/>

TODAY'S CHALLENGES:

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TODAY'S HIGHLIGHTS:

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HYDRATION LEVEL:



TODAY'S AFFIRMATIONS:

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TODAY'S ACCOMPLISHMENTS:

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WHAT AM I GRATEFUL FOR RIGHT NOW?

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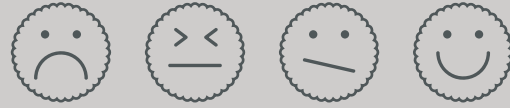
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	YES	NO
SLEEP	<input type="radio"/>	<input type="radio"/>
RELAXATION	<input type="radio"/>	<input type="radio"/>
WORK	<input type="radio"/>	<input type="radio"/>
EXERCISE	<input type="radio"/>	<input type="radio"/>
FOOD	<input type="radio"/>	<input type="radio"/>
VITAMINS	<input type="radio"/>	<input type="radio"/>
FRESH AIR	<input type="radio"/>	<input type="radio"/>
SELF CARE	<input type="radio"/>	<input type="radio"/>

TODAY'S CHALLENGES:

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TODAY'S HIGHLIGHTS:

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HYDRATION LEVEL:



TODAY'S AFFIRMATIONS:

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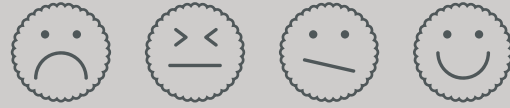
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DATE: \_\_\_\_\_

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	YES	NO
SLEEP	<input type="radio"/>	<input type="radio"/>
RELAXATION	<input type="radio"/>	<input type="radio"/>
WORK	<input type="radio"/>	<input type="radio"/>
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FOOD	<input type="radio"/>	<input type="radio"/>
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TODAY'S CHALLENGES:

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TODAY'S HIGHLIGHTS:

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SLEEP	<input type="radio"/>	<input type="radio"/>
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WORK	<input type="radio"/>	<input type="radio"/>
EXERCISE	<input type="radio"/>	<input type="radio"/>
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TODAY'S HIGHLIGHTS:

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HYDRATION LEVEL:



TODAY'S AFFIRMATIONS:

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WORK	<input type="radio"/>	<input type="radio"/>
EXERCISE	<input type="radio"/>	<input type="radio"/>
FOOD	<input type="radio"/>	<input type="radio"/>
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TODAY'S CHALLENGES:

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TODAY'S HIGHLIGHTS:

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HYDRATION LEVEL:



TODAY'S AFFIRMATIONS:

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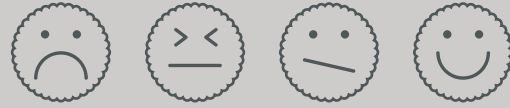
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DATE: \_\_\_\_\_

MOOD:



DID YOU HAVE ENOUGH:

	YES	NO
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RELAXATION	<input type="radio"/>	<input type="radio"/>
WORK	<input type="radio"/>	<input type="radio"/>
EXERCISE	<input type="radio"/>	<input type="radio"/>
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VITAMINS	<input type="radio"/>	<input type="radio"/>
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TODAY'S CHALLENGES:

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TODAY'S HIGHLIGHTS:

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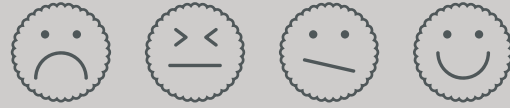
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EXERCISE	<input type="radio"/>	<input type="radio"/>
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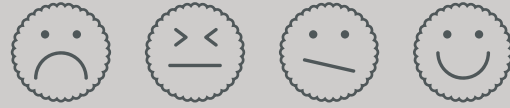
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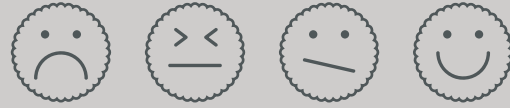
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TODAY'S HIGHLIGHTS:

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