



The Fibro Strong Collective

Bullet Journal Downloads

The
Fibro  Strong
Collective

www.thefibrostrongcollective.com

Introduction

Bullet Journaling and daily reflection is a great way to keep track of all the things going on in your life and to keep you on track with your goals and wellness.

We hope you find these downloadable templates helpful and enjoyable!

Gentle hugs,

Heather Wallace

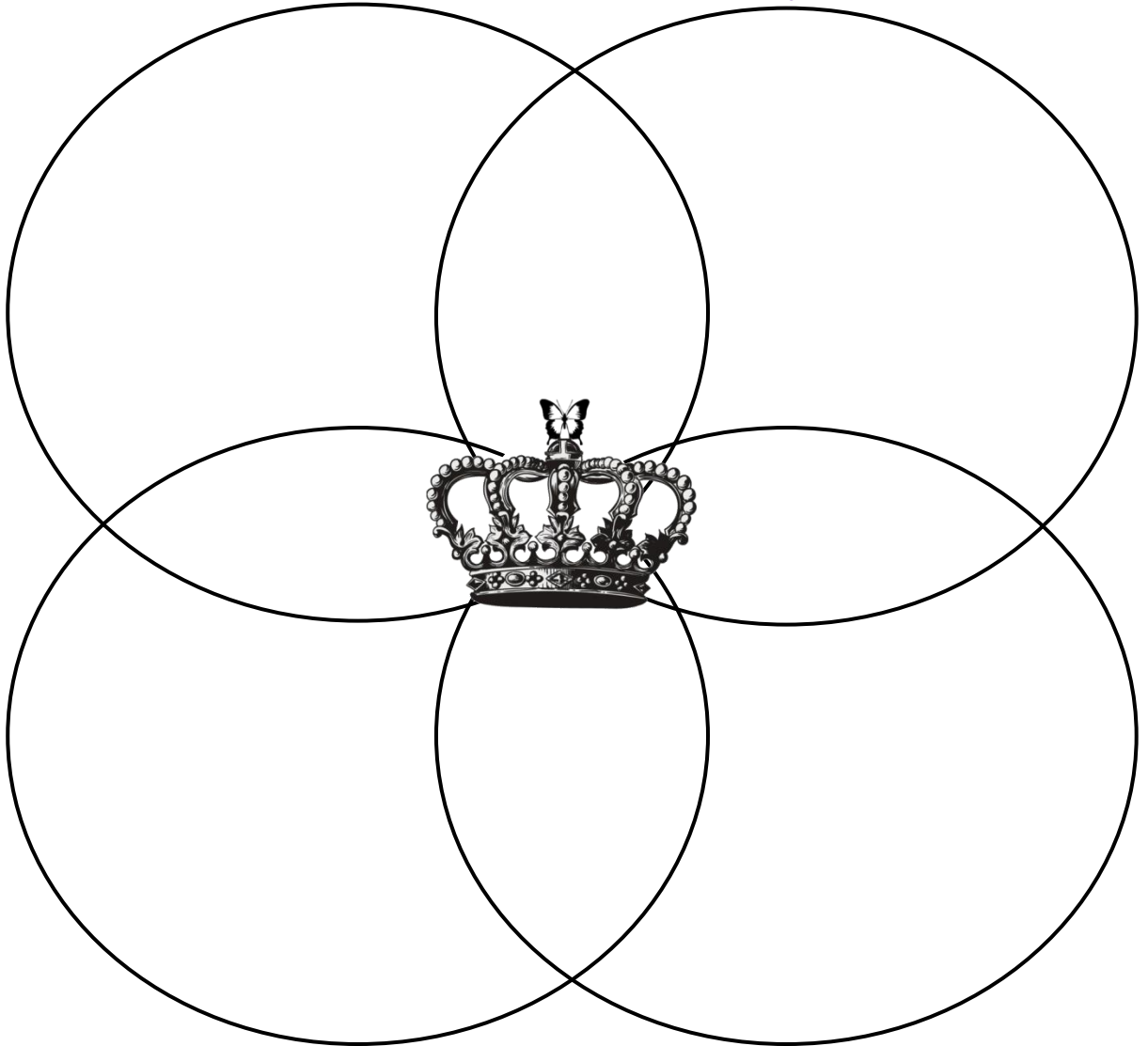
FSC Founder

The Self-Care Sweet-Spot

Do something in each category below every day to live a well-balanced life

Mental

Physical



Emotional

Spiritual/ Creative



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Daily Self-Care Bullet Journal Template

Today's Affirmation:

Daily Intentions:

- _____
- _____
- _____
- _____
- _____

Notes:



Hydrate

**Pain & Fatigue
Level & Level**

&

Today's Goals/Appointments:

- _____
- _____
- _____
- _____
- _____



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Self-Care Bullet Journal Template

What do you need to feel your best?

Some people feel better when they do certain things during their day. Some people feel better when they take time to meditate, or dance, or eat well. Take a moment to think about what makes you feel good, then do them every day!

I Feel Better When I:		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Physical/ Nourish:	Move my Body (Exercise, Dance, Stretch)																																
	Eat Well																																
	Drink at Least 3 Cups of Water Per Day																																
	Take Vitamins/Supplements																																
	Take my Medication(s)																																
	Sleep Well																																
Mental/ Intellectual:	Rest When Tired																																
	Read																																
	Learn Something New																																
Spiritual/ Creative:	Investigted something I heard/read																																
	Meditate																																
	Express Gratitude for at Least 5 Things																																
	Write in my Journal																																
Social:	Do Something Nice for Someone																																
	Make Something/Be Creative																																
Emotional:	Leave the House																																
	Talk to a Friend/Family Member (Phone/In Person)																																
Emotional:	Do Something that makes you Happy																																
	Process my Emotions in a Healthy Way																																



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Physical/ Nouritional:																																		
Mental/ Intellectual:																																		
Spiritual/ Creative:																																		
Social:																																		
Emotional:																																		



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Daily Bullet Journal Template

What do need to do every day?

Some people have certain things they need to do every day, or have things they want to do every day, like taking a medication, or taking time to read. Take a moment to think about what things you would like to do, or what you need to do every day, then do them!

Daily Tasks/Goals:		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Physical/Nutritional:	Moved my Body (Exercise, Dance, Stretch)																															
	Ate Well																															
	Hydrated (Cups/Day)																															
	Took Vitamins/Supplements																															
	Took Medication(s)																															
	Washed (Shower/Bath)																															
	Slept Well?																															
High Pain Day?																																
Mental/Intellectual:	Read																															
	Learned Something New?																															
	Investigted something I heard/read																															
Spiritual/Creative:	Meditated																															
	Expressed Gratitude for at Least 5 Things																															
	Made Something/Was Creative																															
	Did Something Nice for Someone																															
Social:	Left House																															
	Connected with Someone																															
Professional/House Work:	Went to Work																															
	Did Side Hustle Work																															
	Did House Chores																															
	Did Laundry																															



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