

Self-Care 30-Day Bullet Journal Template

What do you need to do to feel your best? Some people feel better when they do certain things for every aspect of their well-being every day, or at least regularly. Some people feel better when they take time to meditate, dance, journal, or stick to a certain diet.

Take a moment to think about what makes you feel good, then do it!

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/ Nutritional:																																					
Mental/ Intellectual:																																					
Spiritual/ Creative:																																					
Social:																																					
Emotional:																																					