

❖❖❖ Loving me is
loving my family

MM/DD/YY:

MOOD



1



2



3



4



5

ENERGY



1



2



3



4



5

One word to describe the
day/week:

REFLECTIVE PROMPTS

- What's something I need but haven't asked for?
- Where am I pouring from an empty cup?
- What's something I did this week that matters?
- Write your own:

TINY, DOABLE STEPS

ONE KIND THING I CAN DO
FOR MYSELF THIS WEEK

SOMEONE I CAN
REACH OUT TO

SOMETHING I CAN SAY
"NO" TO THIS WEEK

MY REMINDER OR
AFFIRMATION

