



A decorative border at the top of the page features a variety of black line-art flowers and leaves, interspersed with numerous small, simple heart shapes.

# Self Care Coloring Book

*with Daily Journal*



List 10 small things that make you smile.

1

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2

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3

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4

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5

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6

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7

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8

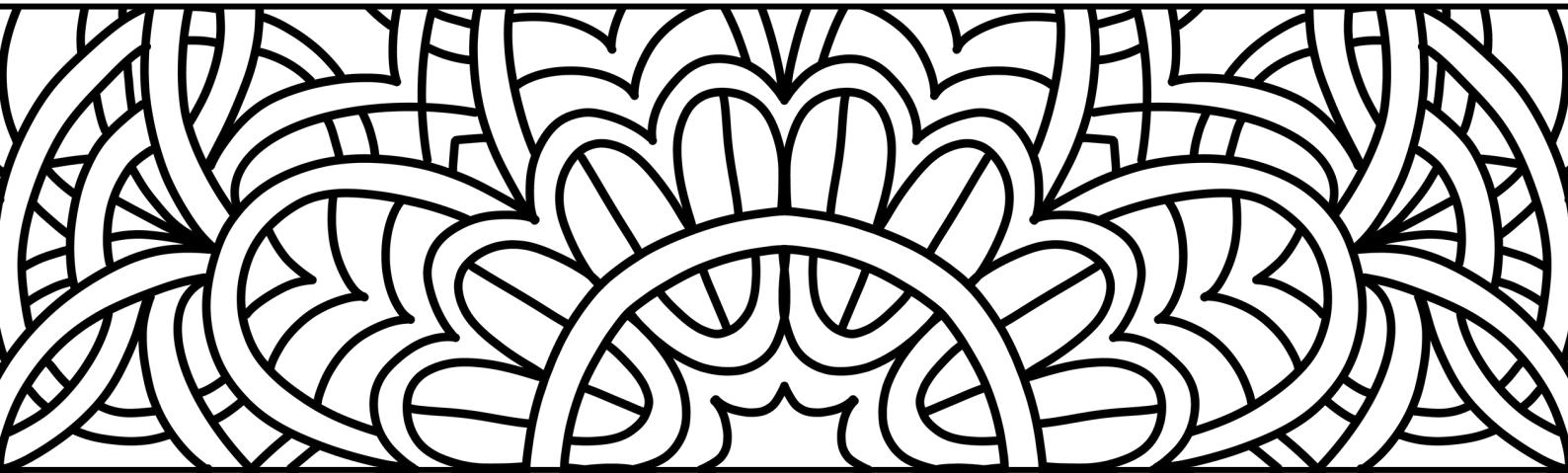
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9

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10

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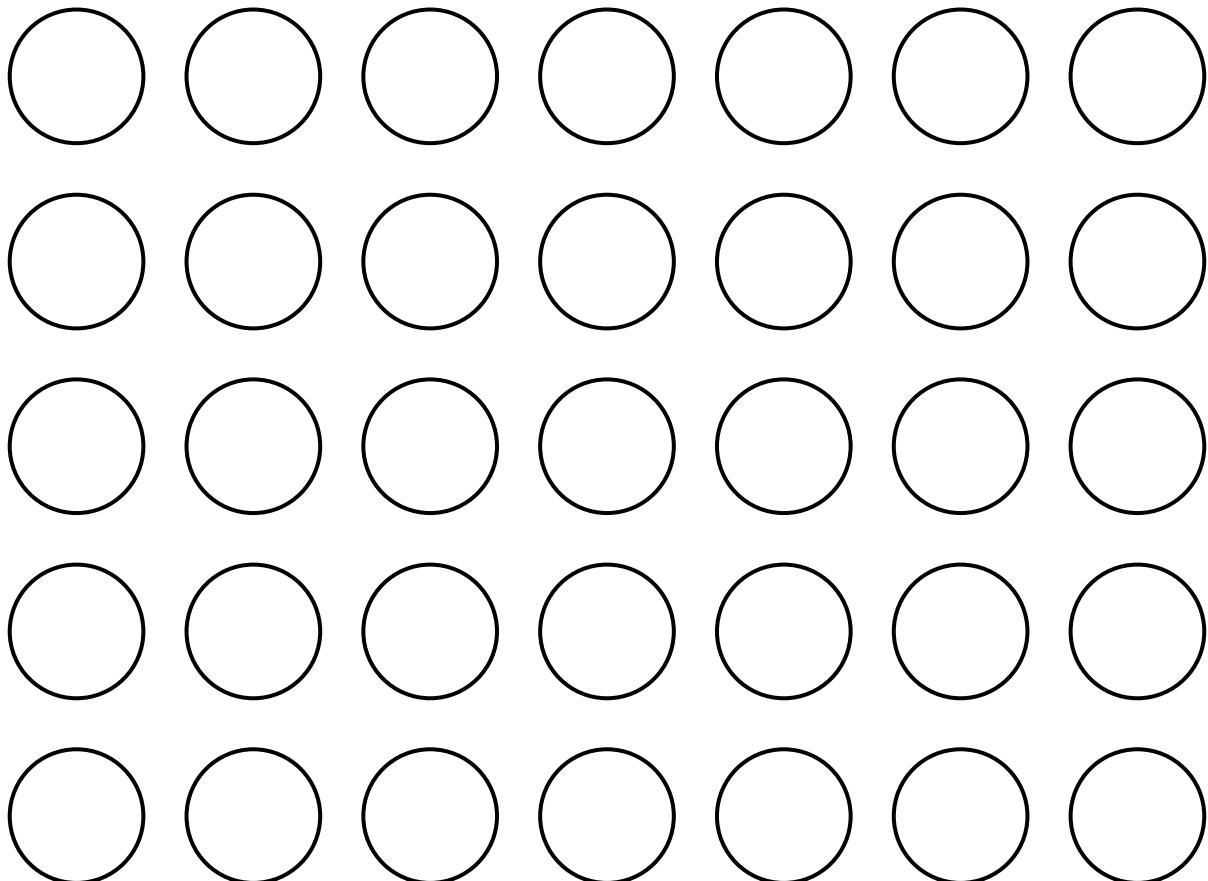
# Morning page (intention + mindset)



## Evening page (reflection + gratitude)

# Mood tracker

Mon Tue Wed Thu Fri Sat Sun



happy



in love



calm



stressed



sad



angry

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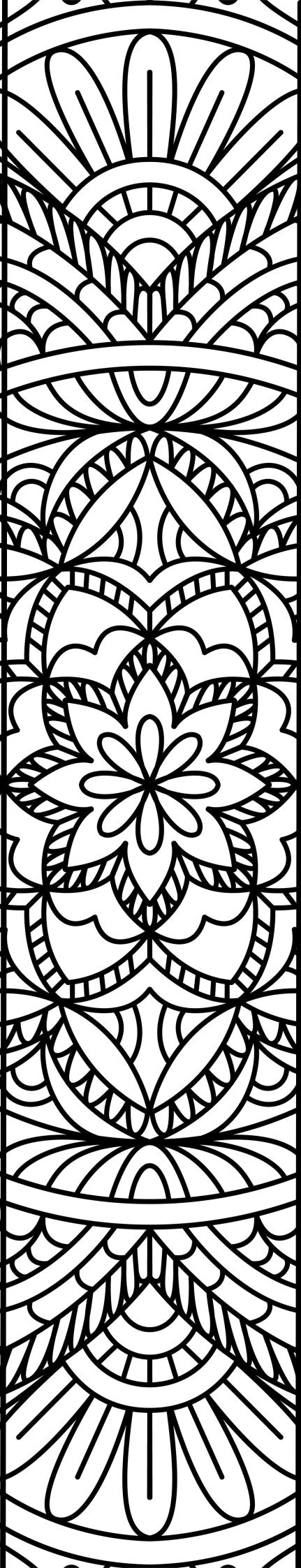
# Habit tracker

Habits:

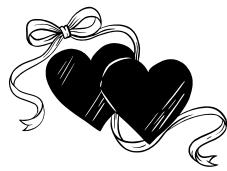
Mon Tue Wed Thu Fri Sat Sun

<input type="checkbox"/>						
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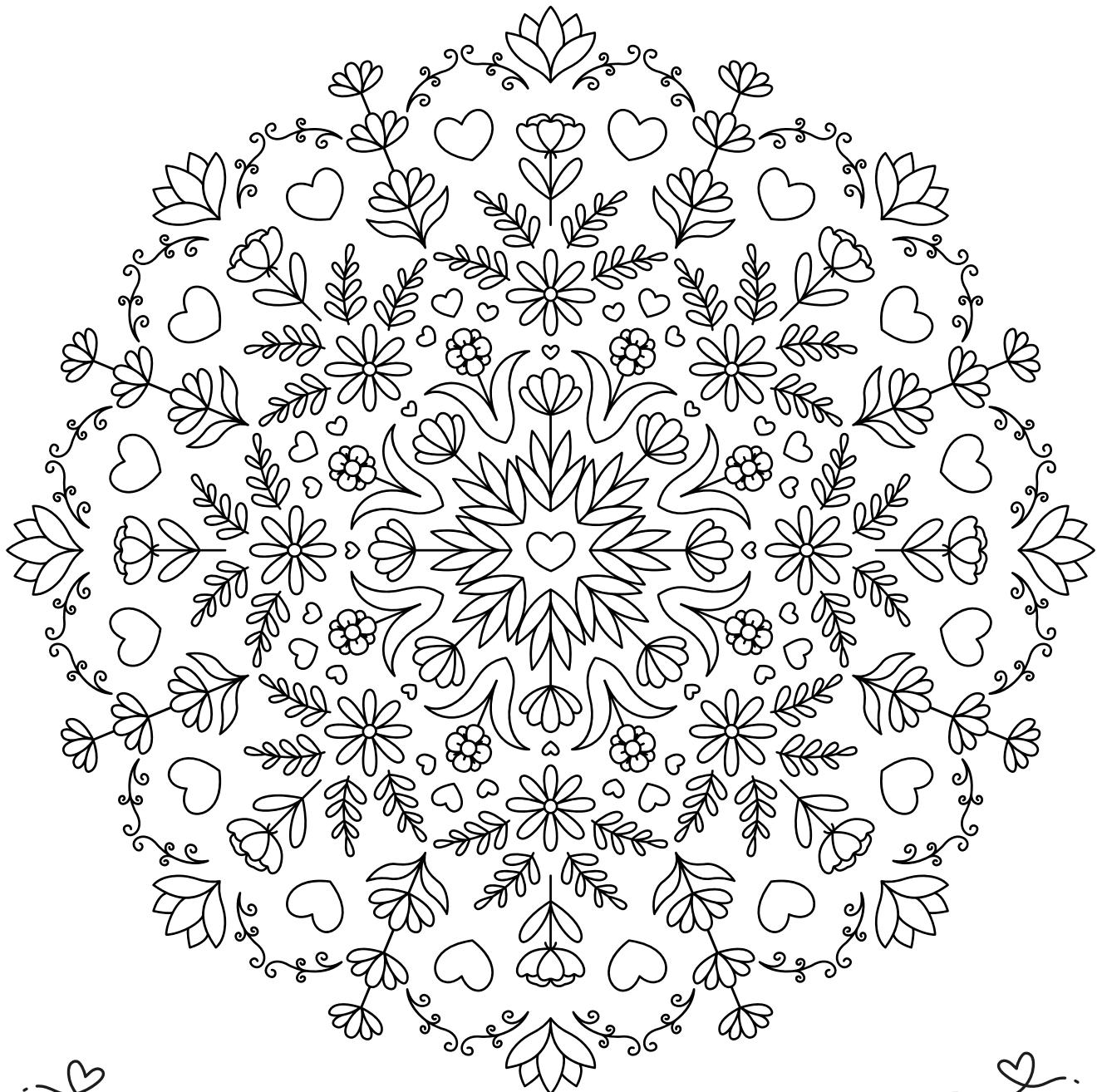
notes:



## To do list



## Love Mandala



What does love mean to me right now?

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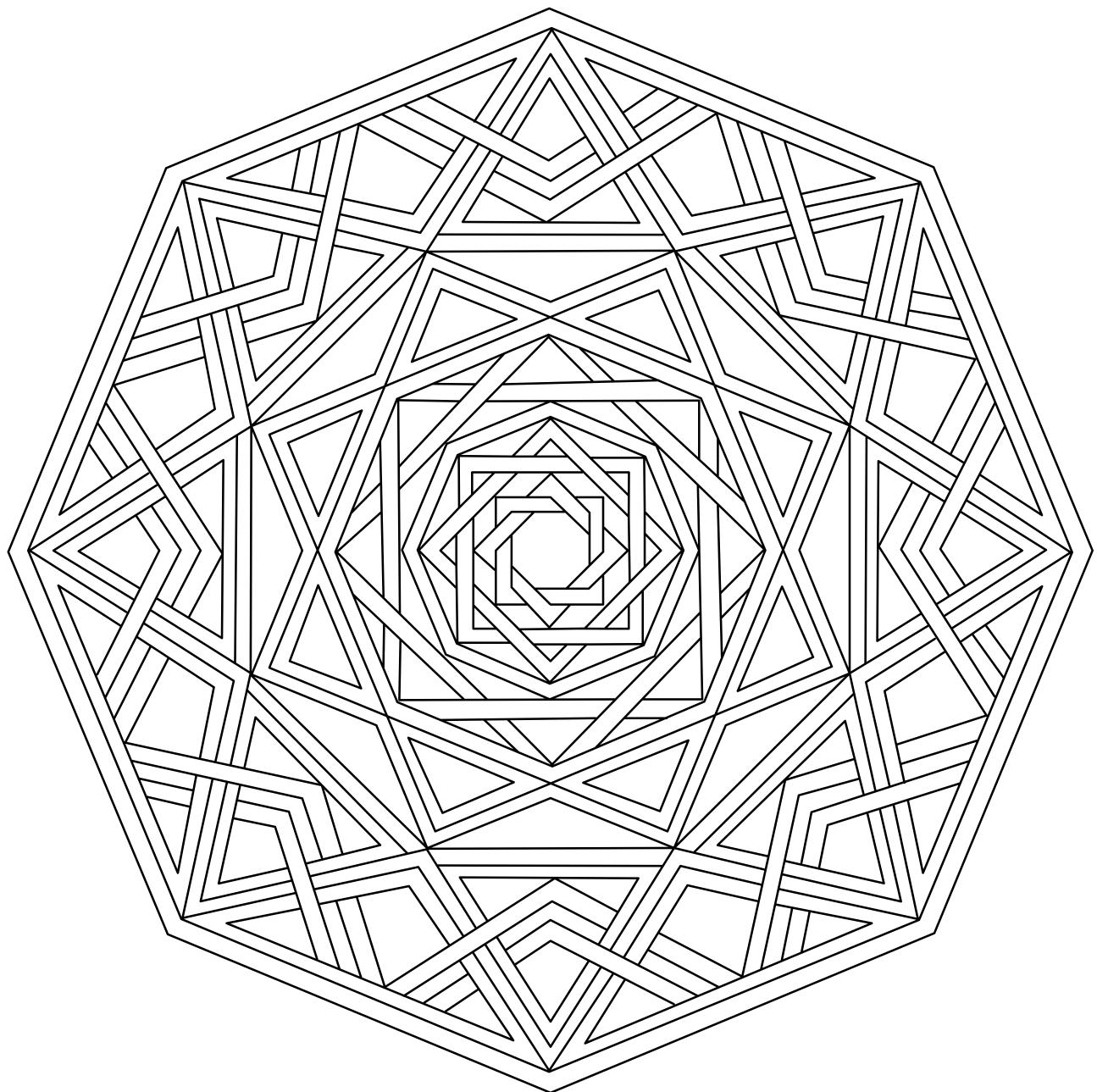
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# Affirmations for happiness



# Wealth mandala

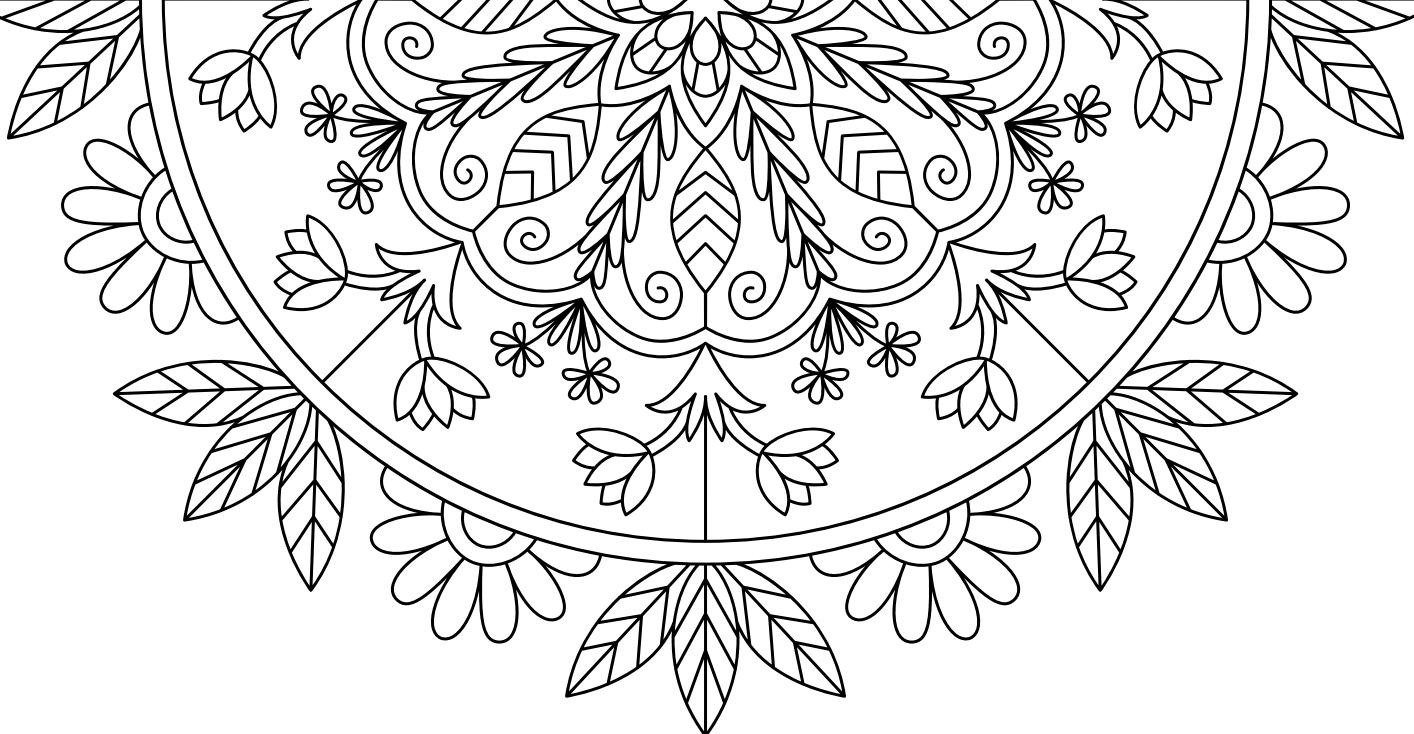


What does financial freedom mean to me?

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# Affirmations for confidence

Creative page: doodle or collage your safe space