

Date: \_\_\_\_\_

## TODAY...

I took care of myself in the following ways:

- Got adequate sleep. How much?
- Moved my body. How?
- Did something fun/pleasurable just for me: What?
  
- Took time for reflection/meditation/prayer
- Ate nutritious/nourishing food
- Went outside for some fresh air
- Other

An act of kindness I did for someone else was:

My most memorable moment of the day was:

I am grateful for:

## Tomorrow...

My guiding mantra will be:

I will make time for:

I want others to experience me as:

*Reference: Calm the Chaos Journal (A Daily Practice for a More Peaceful Life) by Nicola Ries Taggart*