

# JOURNALING

FOR SELF-CARE



# WORKBOOK

A GUIDE TO REFLECTIVE WRITING FOR EMOTIONAL WELL-BEING  
AND SELF-KINDNESS.

# Welcome!

Welcome to Your Parenting Self-Compassion Journal

Parenting is a journey filled with joy, challenges, and growth. In the midst of caring for others, it's easy to forget to care for yourself. This journal is designed to help you pause, reflect, and nurture your own well-being.

## Why Journaling Matters

Journaling is a powerful tool for self-reflection and emotional growth. It helps parents:

- Process feelings and make sense of daily experiences
- Reduce stress by releasing thoughts onto paper
- Cultivate self-compassion through mindful writing

By writing regularly, you create space for clarity and kindness toward yourself. Each prompt in this book is an invitation to slow down, breathe, and reconnect with your inner strength.

## How to Use This Journal

- Set aside 5–10 minutes daily or weekly
- Write freely—there are no right or wrong answers
- Be honest and gentle with yourself
- Return to prompts that resonate most

# JOURNALING PROMPTS

What makes you feel powerful?

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What makes you feel in control?

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What makes you feel in control?

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# JOURNALING PROMPTS

How do you physically feel at this moment?

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Write down all of your goals for the next year, big or small.

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Write down all aspects of the perfect "you day".

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