

# Weekly Mind Nurturing Self-Care Worksheet

## Weekly Journal Challenge:

Fun and Thought-Provoking Journal Prompts

**Day 1:** If you had 20 minutes to talk to your past self, what would you say?

**Day 2:** What thing brings you the most peace in bad times?

**Day 3:** If you had to move to a country you never visited before, where would it be?

**Day 4:** Describe your perfect life in 2-5 sentences

**Day 5:** If you had three wishes, what would they be?

**Day 6:** If you could time travel for one day, which day would you relive? Why?

**Day 7:** Describe a day you felt the most proud of yourself.

## This Week's Goals:

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## Positive Affirmations:

State something positive about yourself everyday to overcome any negative thoughts.

**Day 1:** \_\_\_\_\_

**Day 2:** \_\_\_\_\_

**Day 3:** \_\_\_\_\_

**Day 4:** \_\_\_\_\_

**Day 5:** \_\_\_\_\_

**Day 6:** \_\_\_\_\_

**Day 7:** \_\_\_\_\_

## Mind Dump:

Jot down any quotes or inspiration you've run across or get something off your chest.

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## Weekly Reflection:

How did I better myself this week:

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What do I plan to work on for next week:

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