



Simple Self-Awareness Journal

Monday	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
Tuesday	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
Wednesday	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
Thursday	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
Friday	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
Saturday	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
Sunday	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	