GLOW UP

Self-Care & Goals Workbook

guided journals • affirmations • mood tracking • milestones

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you don’t have to be perfect to be growing ✦

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Start Here

how this workbook works (no rules, just vibes)

1 Check in daily

Tap a face, color a pixel. 30 seconds counts.

2 Say one nice thing

Pick an affirmation. Read it out loud, even if it feels cringe.

3 Write a little

3 lines is a win. You never have to fill the page.

4 Do one kind thing for you

Pick from the self-care menu. Small > nothing.

5 Take one tiny step

Goals are just tiny steps stacked up. Log them.

6 Celebrate

Drop every win in the Wins Jar. Yes, the small ones.

Bad day? Skip it. This book doesn’t keep score.

Missed a week? Just start on today’s page. No catching up, no guilt. Use GoodNotes or Notability: tap the tabs on the right to jump anywhere.

Get Help Now

you are never too much, and you never have to handle it alone

If you’re in crisis or thinking about hurting yourself:

Call or text 988 (Suicide & Crisis Lifeline, US, 24/7, free)

Text HOME to 741741 (Crisis Text Line)

In danger right now? Call 911 or go to the nearest emergency room.

My safe people (name + number)

name / number

name / number

name / number

name / number

name / number

Things that help me calm down

This workbook is for self-reflection and is not a replacement for a doctor, therapist or counselor.

All About Me

the real you, right now

My name / nickname

Three words that describe me

Things that make me laugh

My comfort show / song / food

I’m proud of myself for…

Something I want people to know about me

My dream for the future

A place where I feel safe

Year in Pixels

color one square per day • make your own color key

	J	A	S	O	N	D	J	F	M	A	M	J
1												
2												
3												
4												
5												
6												
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31												

My color key

- ☐ amazing
- ☐ happy
- ☐ calm
- ☐ tired
- ☐ anxious
- ☐ sad
- ☐ angry
- ☐ mixed

Tip: you can color half-and-half for mixed days.

Monthly Mood

Month: _____ circle a face each day

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This month I noticed...

Energy & Sleep Tracker

your brain runs on sleep, water and snacks — track the basics

Day	Bedtime	Wake	Hours	Water	Energy 1-5	Screens off?	Moved?
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				○○○○○○○○			
				○○○○○○○○			
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Daily Journal • Day 1

Date: _____ *go as big or as small as you want*

Right now I feel…



3 good things (tiny counts)

1. _____
2. _____
3. _____

Today’s affirmation

I am _____

Prompt:

What’s one thing that went better than expected today?

One kind thing I’ll do for me tomorrow: _____

Daily Journal • Day 2

Date: _____ *go as big or as small as you want*

Right now I feel…



3 good things (tiny counts)

1. _____
2. _____
3. _____

Today’s affirmation

I am _____

Prompt:

Who made me smile today, and why?

One kind thing I’ll do for me tomorrow: _____

Daily Journal • Day 3

Date: _____ *go as big or as small as you want*

Right now I feel…



3 good things (tiny counts)

1. _____
2. _____
3. _____

Today’s affirmation

I am _____

Prompt:

What’s taking up space in my head right now?

One kind thing I’ll do for me tomorrow: _____

Daily Journal • Day 4

Date: _____ *go as big or as small as you want*

Right now I feel…



3 good things (tiny counts)

1. _____
2. _____
3. _____

Today’s affirmation

I am _____

Prompt:

What did my body need today? Did I give it that?

One kind thing I’ll do for me tomorrow: _____

Daily Journal • Day 5

Date: _____ *go as big or as small as you want*

Right now I feel…



3 good things (tiny counts)

1. _____
2. _____
3. _____

Today’s affirmation

I am _____

Prompt:

What’s something I did today that took courage?

One kind thing I’ll do for me tomorrow: _____

Daily Journal • Day 6

Date: _____ *go as big or as small as you want*

Right now I feel…



3 good things (tiny counts)

1. _____
2. _____
3. _____

Today’s affirmation

I am _____

Prompt:

If my best friend had my day, what would I tell them?

One kind thing I’ll do for me tomorrow: _____

Daily Journal • Day 7

Date: _____ *go as big or as small as you want*

Right now I feel…



3 good things (tiny counts)

1. _____
2. _____
3. _____

Today’s affirmation

I am _____

Prompt:

What am I looking forward to this week?

One kind thing I’ll do for me tomorrow: _____

Feelings Wheel

name it to tame it — more specific words = less overwhelm



The feeling I keep noticing

Where I feel it in my body

Affirmation Cards

read one every morning • star your favorites

I am allowed to take up space. ☆

My feelings are valid, and they will pass. ☆

I don’t have to be perfect to be worthy. ☆

I am learning, and that’s enough. ☆

I can do hard things, one step at a time. ☆

Rest is productive. ☆

I deserve kindness — especially from me. ☆

My pace is my pace. ☆

I am more than my grades. ☆

It’s okay to ask for help. ☆

I’m proud of how far I’ve come. ☆

Today I choose to be gentle with myself. ☆

My Own Affirmations

flip the mean voice into a kind one

The mean voice says…	My kind voice answers…
	→
	→
	→
	→
	→
	→

Example: “I’m so behind” → “I’m catching up at my own pace.”

Self-Care Menu

order off the menu when you're running low

5-minute snacks

- [ ] drink water
- [ ] stretch
- [ ] step outside
- [ ] one song dance
- [ ] text a friend

Comfort plates

- [ ] shower + fresh clothes
- [ ] nap
- [ ] comfort show
- [ ] journal it out
- [ ] tidy one spot

Big mains

- [ ] walk with music
- [ ] cook something
- [ ] art / music
- [ ] deep clean room
- [ ] day off screens

Social sides

- [ ] call grandma
- [ ] hang with a pet
- [ ] FaceTime
- [ ] help someone
- [ ] group chat hug

My go-to order when I'm stressed:

Self-Care Bingo

color a square when you do it • get 5 in a row = reward!

drank 6 glasses of water	8 hours of sleep	went outside	said no to something	laughed hard
read for fun	cleaned my space	called a friend	ate a real breakfast	no phone 1 hour
journaled	moved my body	**FREE ♥**	asked for help	complimented someone
listened to music	tried something new	said an affirmation	took a break	did a hobby
cried it out (it counts!)	stretched	made my bed	went to bed early	celebrated a win

My bingo reward

Coping Toolbox

for when feelings get LOUD

5-4-3-2-1 Grounding

Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.

Worked? ☐ yes ☐ kinda ☐ no

Box Breathing

In for 4 • hold 4 • out for 4 • hold 4. Repeat 4 times. Trace the square.

Worked? ☐ yes ☐ kinda ☐ no

Cold Reset

Splash cold water on your face or hold an ice cube. It calms your body fast.

Worked? ☐ yes ☐ kinda ☐ no

Shake It Out

Shake your hands, arms and legs for 30 seconds. Let the energy out.

Worked? ☐ yes ☐ kinda ☐ no

Name It

“I’m feeling ___ because ___.” Saying it out loud shrinks it.

Worked? ☐ yes ☐ kinda ☐ no

Move Spots

Change rooms, go outside, or sit somewhere new for 10 minutes.

Worked? ☐ yes ☐ kinda ☐ no

My personal emergency plan: when I feel ___, I will ___

Flip the Thought

catch it • check it • change it

Catch it

What thought is stuck on repeat?

Check it

Is it 100% true? What would a friend say?

Change it

What's a kinder, more balanced thought?

Worry Dump

get it out of your head and onto the page

Things I CAN control

Things I CAN’T control (let them go)

Vision Board

paste pics, stickers, words — what does your best life look like?

Me in 1 year

School / career

Friends & family

Health & body

Fun & hobbies

How I want to feel

Goal Builder

make it a SMART goal (so your brain actually does it)

S **Specific** *What exactly do I want?*

M **Measurable** *How will I know I did it?*

A **Achievable** *Is it realistic for me right now?*

R **Relevant** *Why does this matter to ME?*

T **Time-bound** *By when?*

My goal in one sentence: _____

Goal Ladder #1

big goal at the top • tiny steps at the bottom • climb!

My big goal: _____

Why it matters: _____

Step 7 _____ ☐

Step 6 _____ ☐

Step 5 _____ ☐

Step 4 _____ ☐

Step 3 _____ ☐

Step 2 _____ ☐

Step 1 _____ ☐

What might block me + my plan

Goal Ladder #2

big goal at the top • tiny steps at the bottom • climb!

My big goal: _____

Why it matters: _____

Step 7 _____ ☐

Step 6 _____ ☐

Step 5 _____ ☐

Step 4 _____ ☐

Step 3 _____ ☐

Step 2 _____ ☐

Step 1 _____ ☐

What might block me + my plan

Goal Ladder #3

big goal at the top • tiny steps at the bottom • climb!

My big goal: _____

Why it matters: _____

Step 7 _____ ☐

Step 6 _____ ☐

Step 5 _____ ☐

Step 4 _____ ☐

Step 3 _____ ☐

Step 2 _____ ☐

Step 1 _____ ☐

What might block me + my plan

Habit Hearts

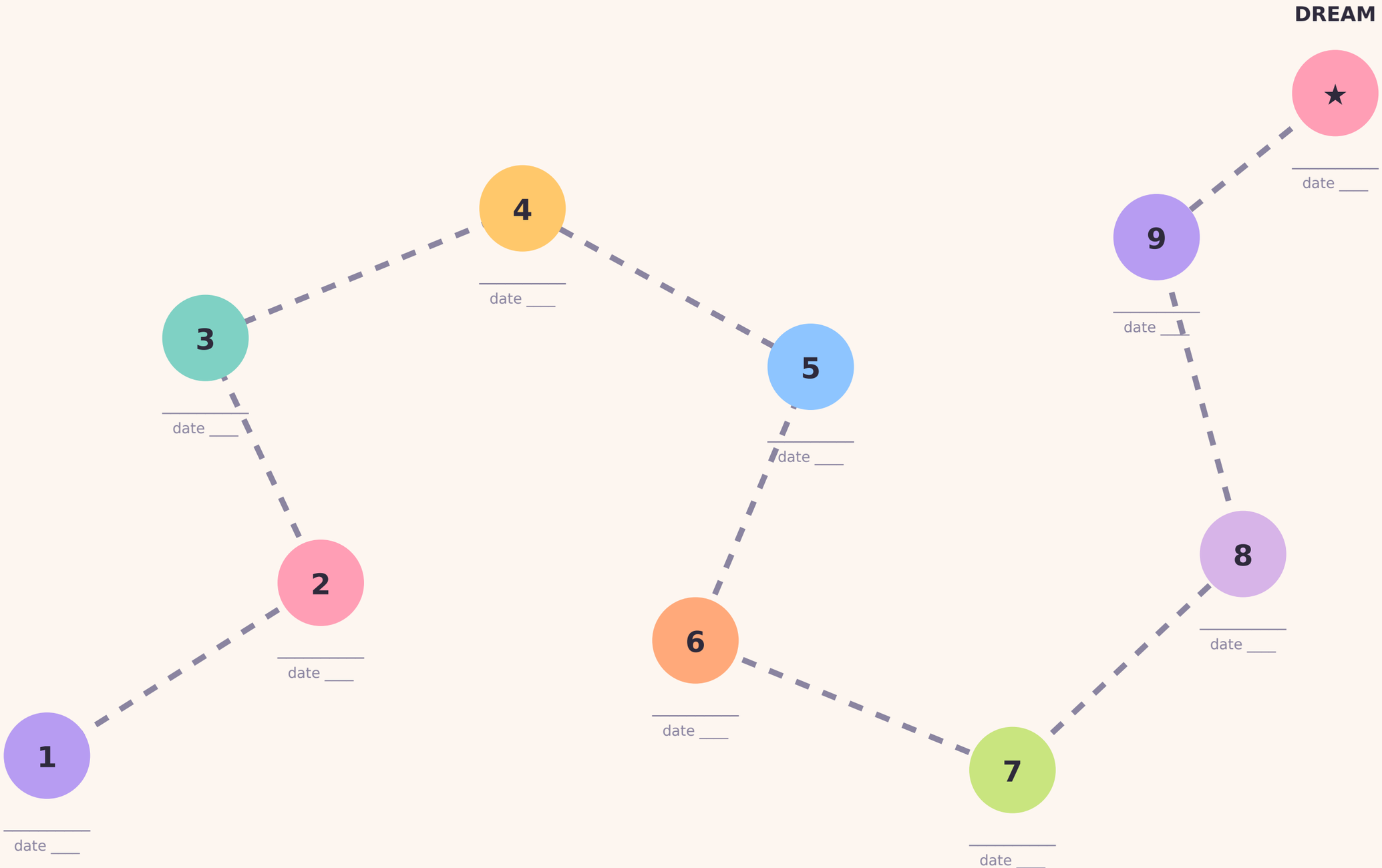
fill a heart each day you do it

Month: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
_____	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡
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Milestone Map

your journey — every stop is something you did or will do

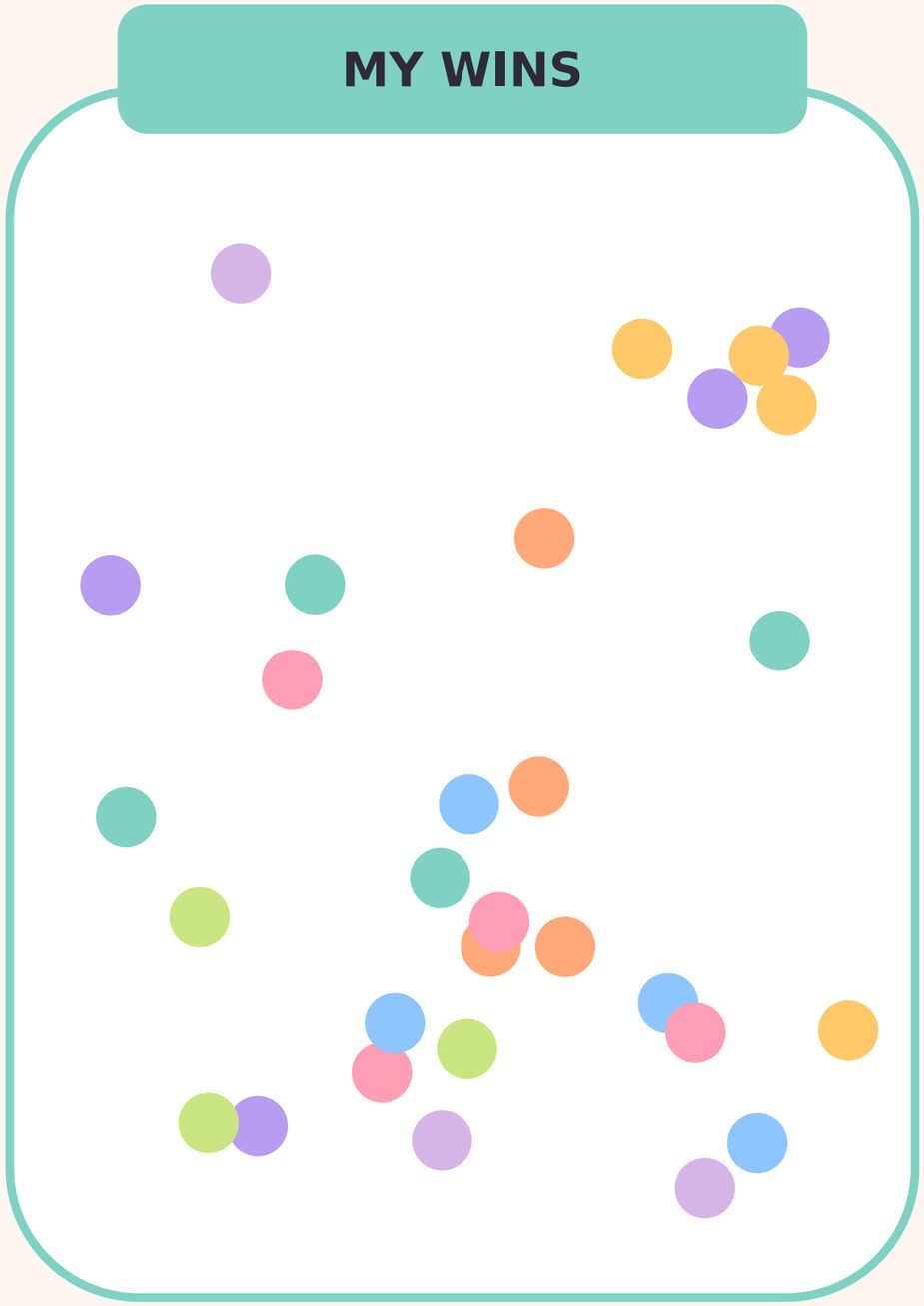


Home
Mood
Journal
Affirm
Care
Goals
Wins
Notes

Wins Jar

drop in EVERY win. Got out of bed? That’s a win.

MY WINS



color a circle for every win

Win log (date • what I did)

Monthly Reflection

look back to move forward

Best moment this month

Something hard I got through

A habit that helped me

What I want to leave behind

What I learned about myself

Next month I want to feel…

Letter to Future Me

open this in one year • seal it with a sticker

Dear future me,

Open on: _____ ♥ me

Journal Page

free write • doodle • vent • dream

Date: _____ Mood: ☐ ☐ ☐ ☐ ☐

Home

Mood

Journal

Affirm

Care

Goals

Wins

Notes

Journal Page

free write • doodle • vent • dream

Date: _____ Mood: ☐ ☐ ☐ ☐ ☐

Home

Mood

Journal

Affirm

Care

Goals

Wins

Notes

Dot Grid

sketch, list, plan — whatever you need