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Daily Mental Self-Care Printable

Use this worksheet each morning or evening to ground your mind, set positive intentions, and track self-care wins that add up over time.

1. Today's Intention: My Intention for today is:

2. Daily Affirmation: Write one compassionate statement to yourself:

"I am _____."

3. Choose Your Mental Self-Care Tip

Select one tip to focus on and note how you'll weave it into your routine.

- Pause for 5 deep breaths before starting any task.
- Take a tech break: step away from screens for at least 15 minutes.
- Write down one thing you're grateful for right now.
- Listen to a favorite song and notice how it shifts your mood.
- Spend a few minutes free-writing or doodling without judgment.
- Go for a mindful walk; notice sights, sounds, and sensations.

Tip I'm choosing: _____

How I'll make it happen: _____



4. Reflection & Rating

At day's end, circle your experience:

How did focusing on this tip feel?

On a scale of 1 (meh)–5 (amazing), my self-care moment was a:
1 2 3 4 5

Notes & Insights:

Thank you for giving your mind the gift of kindness and rest. Check back tomorrow to choose a new tip and keep building resilience, one moment at a time!