

TEEN MOM
SELF-CARE TRACKER



**LOVE THE PERSON YOU'VE
WORKED SO HARD TO BECOME.**

5 THINGS I WILL IMPROVE THIS YEAR

1

2

3

4

5

SMALL STEPS I WILL TAKE

1

2

3

4

5

HOW CAN YOU HELP ME

DO'S

DONT'S

JOURNAL PROMPTS

WHAT MAKES ME HAPPY?

MY BEST EXPERIENCE?

MY HERO?

MY TALENTS?

WHAT DO I LIKE ABOUT ME?

WHAT WOULD I DO WITH 1 MILLION DOLLARS?

WHAT PLACE WOULD I LIKE TO SEE?

WHAT WOULD I DO IF THIS WAS MY LAST DAY?

MY GOALS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

HOW AM I GOING TO MAKE THIS HAPPEN

MY WORRIES

TAKE 10 MINUTES TO WRITE DOWN YOUR WORRIES
SEE IF THERE IS SOMETHING YOU CAN DO RIGHT THIS MOMENT
TO TAKE AWAY SOME OF THE WORRIES, IF NOT, FOCUS ON OTHER THINGS.

1

2

3

4

5

6

7

8

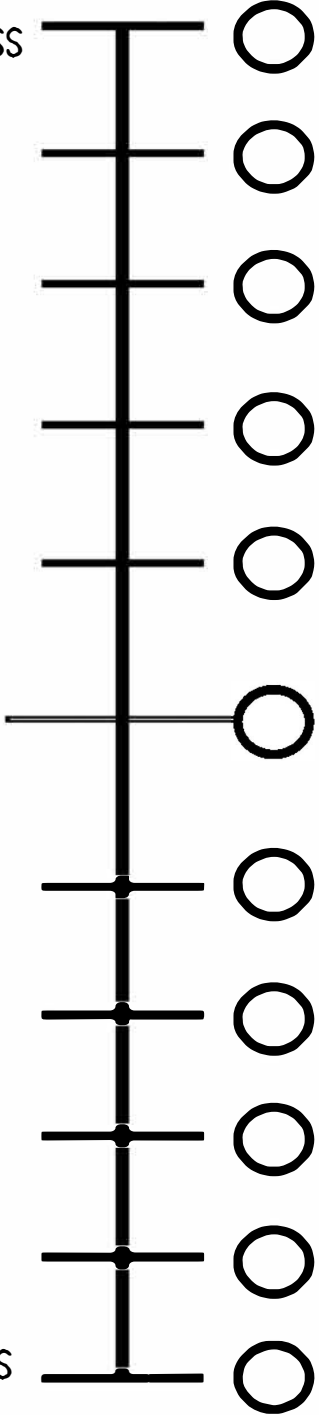
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10

WHAT CAN I DO RIGHT NOW

STRESS TRACKER

HIGH STRESS



LOW STRESS

THINGS I'M PROUD OF TODAY

1

2

3

4

5

6

7

8

9

10

ADDITIONAL COMMENTS

TO DO TODAY

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

ADDITIONAL COMMENTS
