

Journaling for Selfcare Workbook

A Workbook designed to help you manage
your wellness and mental health.



www.venusfitness.ca

Welcome!

As a full-time working mom and passionate advocate for active living, my mission is to empower you to reclaim your health and mental well-being. Balancing a busy career and family life, I understand the challenges of managing stress, finding time for self-care, and maintaining a positive mindset. This journaling for self-care workbook is crafted to guide you on a journey of self-discovery and emotional growth.

In these pages, you'll find prompts and exercises designed to help you delve into your feelings around power, fear, control, and the future. By reflecting on these aspects, you'll gain insights into your inner strengths, confront and overcome your fears, and learn to navigate life's uncertainties with confidence. This workbook is not just about writing—it's about creating a safe space for you to explore your thoughts and emotions, fostering a deeper understanding of yourself, and ultimately reclaiming your mental and emotional well-being.

Shannon Sawicki



ABOUT ME

Whether you're dealing with daily stressors, facing significant life changes, or simply seeking to enhance your self-awareness, this workbook will be your companion on the path to holistic wellness. Let's embark on this journey together, embracing the transformative power of self-care and reflection.

JOURNALING PROMPTS

What makes you feel powerful?

What makes you feel in control?

What makes you feel in control?

JOURNALING PROMPTS

How do you physically feel at this moment?

Write down all of your goals for the next year, big or small.

Write down all aspects of the perfect "you day".

JOURNALING PROMPTS

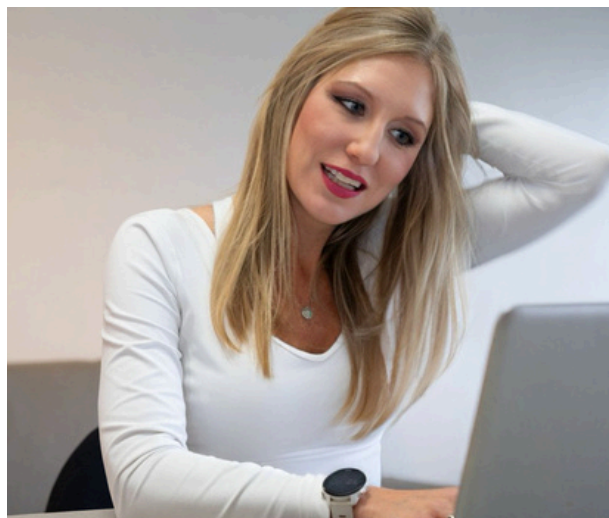
Write a Letter To Your Greatest Fear





NOW WHAT?

As you reach the end of this journaling for self-care workbook, I encourage you to continue this powerful practice regularly or whenever you find yourself facing tough spots. Journaling is a tool that offers clarity, comfort, and growth. By consistently putting your thoughts and feelings on paper, you'll deepen your self-awareness, build resilience, and nurture your mental well-being. Remember, every word you write is a step towards understanding yourself better and creating a more balanced, empowered life. Keep journaling, keep exploring, and keep growing—your journey towards holistic wellness is an ongoing and rewarding adventure.



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