

5-Day Self-Kindness Journaling Challenge

Day 1 - Gentle Check-In

How am I feeling today—physically, mentally, emotionally? Just notice your thoughts to these questions on the page, without judgment.

Day 2 – Small Wins

What is one thing I did today that I feel good about? It can be tiny. Like making the bed, drinking your water goal, or smiling at someone.

Day 3 – Letting Go

What's something I want to release or stop carrying for the day or week? A worry, a thought, or an unrealistic expectation. Write it down and leave it on the page.

Day 4 – What I Need Now

What do I need more of right now? Rest? Joy? Time to breathe? Write it down and think about how to bring more of it into your day.

Day 5 – A Note to Myself

Write a kind, encouraging letter to yourself. Say what you would to a friend who needs support.