

TAKIN' CARE OF ME

**I KNEW PEACE WAS COMING
FOR MY BODY, MIND, AND SOUL
FEELS SO GOOD TO BE CONTENT, HEALTHY, AND WHOLE**

**I'M FEELING CALM AND CONFIDENT
I CONTROL MY THOUGHTS AND EMOTIONS**

**I LET GO OF MY STRESS
SO I CAN BE MY BEST
INTUITION'S MY GUIDE
I'M TAKEN' THINGS IN STRIDE**

**SELF LOVE AND RESPECT
ANYTHING LESS I REJECT
BEING POSITIVE IS THE KEY
MY PAST DOES NOT DEFINE ME**

[CHORUS]

**I AM FEELING CALM AND CONFIDENT
I CONTROL MY THOUGHTS AND EMOTIONS
I AM SUPPORTED, SAFE, AND STRONG
I'M BREATHIN' THROUGH THE FEAR
THAT IS HOW MY PEACE IS HERE**

**I GO WITH THE FLOW
I TRUST WHAT I KNOW
RELEASED MY PAST
HAPPINESS IS HERE AT LAST**

[REPEAT CHORUS]

**WHEN I NEED HELP I WILL REACH OUT
I AM TAKIN' CARE OF ME
GOOD MENTAL HEALTH IS KEY**

**I'M FEELING CALM AND CONFIDENT
I LET GO OF MY FEARS
FEELS SO GOOD TO HAVE PEACE HERE**



MINDFUL MOMENTS

MY JOURNAL



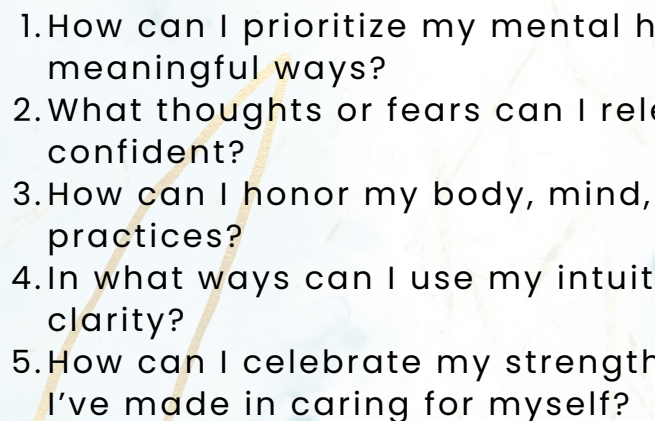
Why Journaling Helps You Heal & Shift Your Mindset


Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for Takin' Care of Me

1. How can I prioritize my mental health today in small but meaningful ways?
 2. What thoughts or fears can I release to feel more calm and confident?
 3. How can I honor my body, mind, and soul through self-care practices?
 4. In what ways can I use my intuition to navigate challenges with clarity?
 5. How can I celebrate my strength, resilience, and the progress I've made in caring for myself?
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My mental
health is a
priority, and I
care for my
mind, body,
and soul.

I release stress
and judgment,
embracing
peace and
clarity.

I am
supported,
safe, and
strong in all
situations.

I take charge
of my
thoughts,
emotions, and
daily actions.

I sleep well,
eat well, and
nurture my
wellbeing.

Anxiety and
fear no longer
control me; I
breathe
through
challenges.

I trust my
intuition to
guide me and
make wise
choices.

I am proud of
myself and
celebrate my
calm,
confident,
and
empowered
state.