

GRACE & HOPE



Pour Into Yourself

A 90-Day Self-Care Journal for Caregivers

This journal belongs to

WELCOME

How to use this journal

Over the next 90 days, this journal is a gentle companion — a quiet, judgment-free space to notice how you're doing, and to take small steps forward. There is no wrong way to use it. Some days you'll write pages; other days a single line is more than enough.

Each day

Fill in a Daily Page — a quick mood check, a short prompt, and space for notes.

Each week

Pause at the Weekly Reflection to notice patterns and choose one simple next step.

When it's heavy

Turn to "Finding Your Way Forward" to untangle a worry into a small action.

Whenever you like

Color a page, write an affirmation, or revisit a memory. This is your space.

One small step at a time. You are not alone in this.

A GENTLE TOOL

Finding Your Way Forward

Caregivers carry so much. When you feel stretched thin, this small step helps you care for yourself too.

1. What feels heavy right now? (Name it plainly.)

2. What part of this is outside my control? (I can set it down.)

3. What is one small thing that IS within my control?

4. The single next step I can take today is...

5. Someone I could reach out to for help is...

6. A truth or hope I want to hold onto is...

BEFORE WE BEGIN

Where I am right now

The person I care for is...

The hardest part of caregiving for me is...

The things that refill me are...

What I need to remember on the hard days is...

HOLD ONTO THESE

Words for the hard days

You cannot pour from an empty cup.

Caring for yourself is caring for them.

You are allowed to need help too.

Your work matters more than you know.

Rest is not selfish.

You are seen, even when no one says it.

It's okay to feel tired.

You are doing enough.

How I feel today



Low



Okay



Good

Today's reflection

How am I really doing today — not the person I care for, but me?

One small win today

I'm grateful for

Notes & thoughts

"You cannot pour from an empty cup."

WEEK 1

Weekly reflection & a simple next step

What helped me this week?

What was hard — and what did I learn from it?

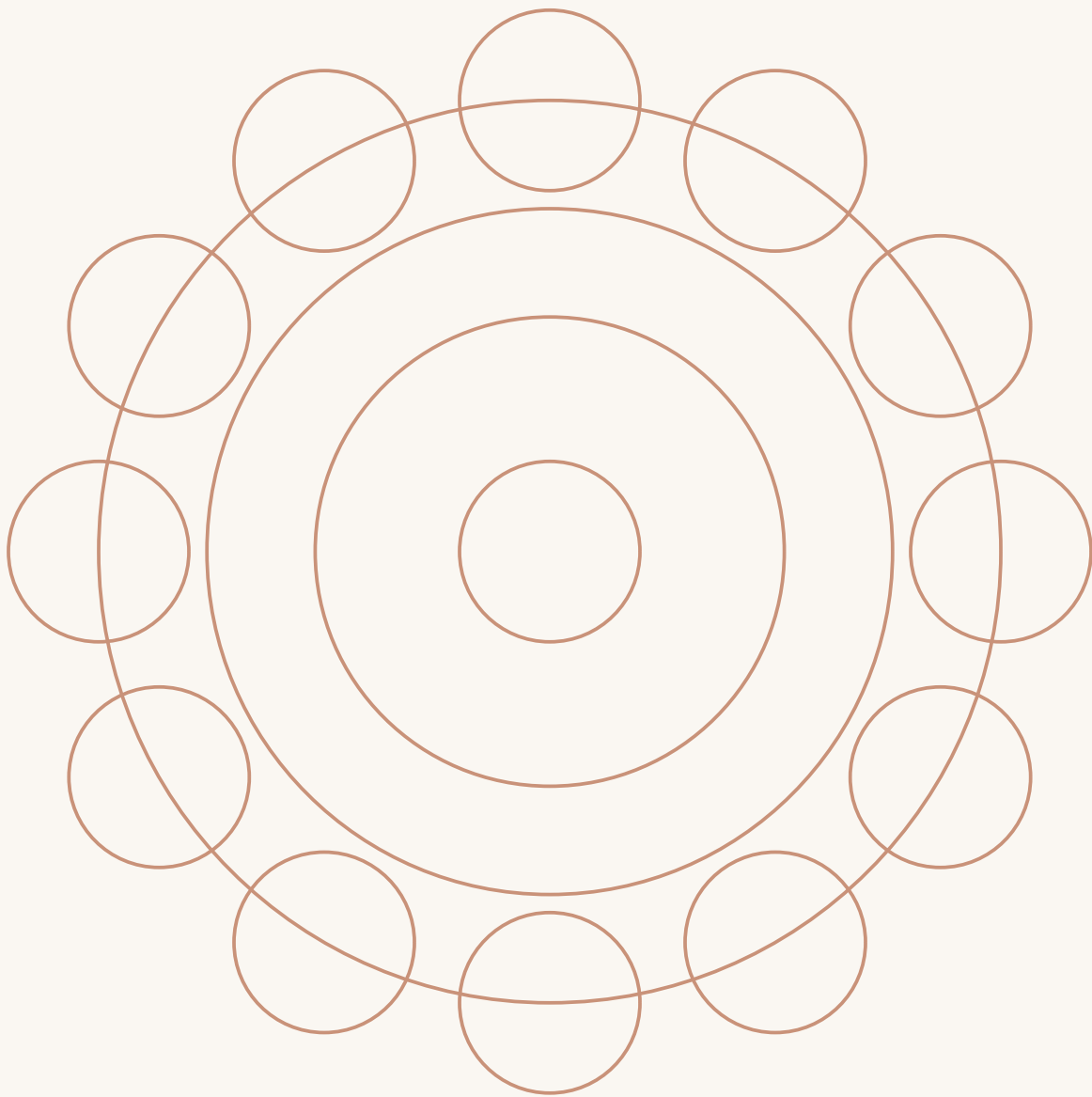
My one simple resolution for next week:

This week I made time to...

- ☐ Rest ☐ Move gently ☐ Connect with someone ☐ Ask for help
- ☐ Do one thing for me

TAKE A BREATH

A quiet space to color



Let your mind rest while your hands create.



This is just a taste.

The full journal includes everything you've seen here, plus:

- 90 dated daily pages with prompts, mood check-ins & notes
 - A weekly reflection & simple resolution every 7 days
 - Coloring pages to rest your mind
 - Milestone pages at day 30, 60 & 90
 - A keepsake closing page

90 days of gentle company, whenever you need it.