

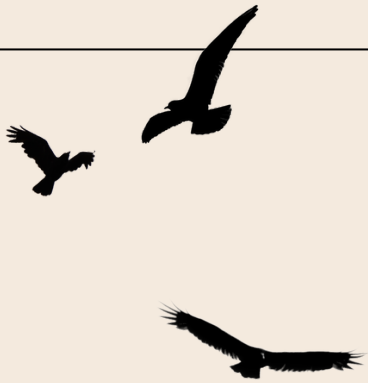


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PURE HOLISTIC WELLNESS



SKIN MOOD JOURNAL








"It doesn't have anything to do with how the world perceives you. What matters is what you see." – Gabourey Sidibe

WEEKLY

SKIN MOOD DIARY

RECOGNISING LINKS BETWEEN YOUR SKIN, MOOD AND YOUR ENVIRONMENT, MAY ALLOW YOU TO BECOME MORE SELF-AWARE. AT THE END OF EACH DAY, FILL OUT THE CHART WITH THE MOOD YOU FELT MOST OF THAT DAY AND ANY NOTES YOU WANT TO ADD

MONTH / WEEK : _____

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

THINGS I NOTICED THIS WEEK - ANY TRIGGERS, EMOTIONS, ACHEIVEMENTS

HOW MY SKINS LOOKS AND FEELS AT THE END OF THIS WEEK

MONTHLY

REFLECTION

USE THIS PAGE TO NOTE DOWN WHAT HAPPENED THIS MONTH IN ALL AREAS OF YOUR LIFE. REFLECT ON WHAT YOU FEEL WENT WELL AND WHAT DIDN'T. WHAT YOU'D LIKE TO CHANGE AND WHERE YOU NEED MORE SUPPORT. CAN YOU SEE A PATTERN IN HOW YOUR SKIN FELT OVER THE WEEKS?

MONTH : _____

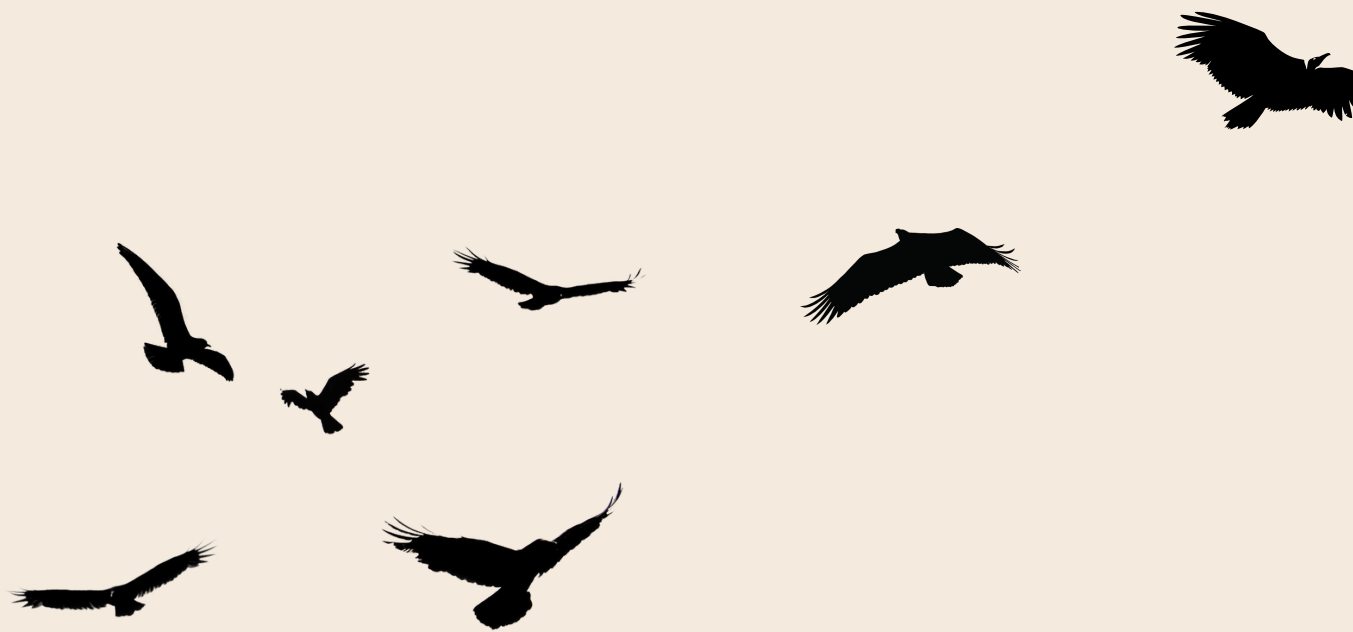
KEY MOMENTS / FEELINGS / EVENTS / EXPERIENCES THAT HAPPENED THIS MONTH WERE

A SUMMARY OF HOW MY SKIN LOOKS AND FEELS AT THE END OF THE MONTH

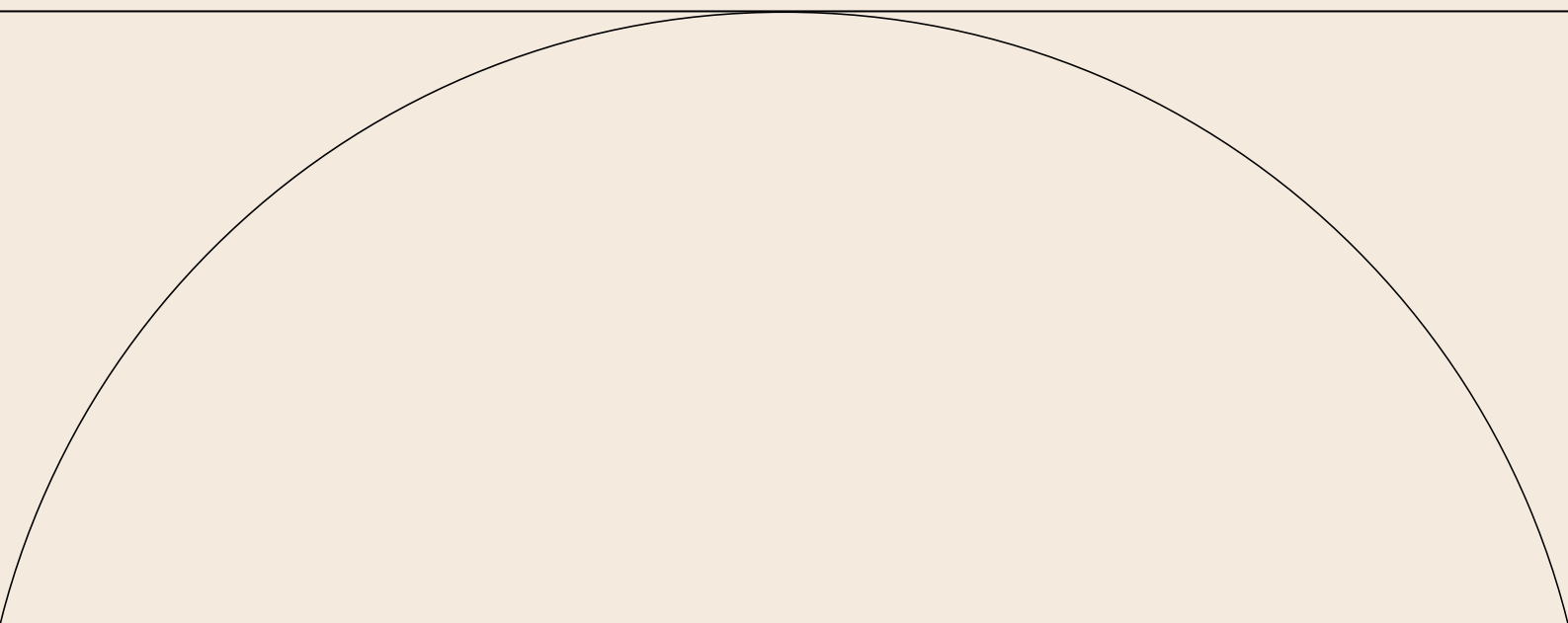
WHAT I MIGHT DO DIFFERENTLY NEXT MONTH / WHAT I WILL KEEP THE SAME

I FELT SUPPORTED BY / I COULD DO WITH MORE HELP FROM

PATTERNS I AM NOTICING IN MY SKIN / WHAT I HAVE DISCOVERED THAT MAKES IT FEEL BETTER



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