

GirlTalk4Real



Reflection Guide

By Blush Branding

Self Care Reflection

GIRLTALK4REAL

DATE:

THINGS I LIKE ABOUT MYSELF

1.

2.

3.

LIFE PRIORITIES

☐☐☐☐☐

I AM GRATEFUL FOR

1.

2.

3.

NOTE TO SELF:

HOW I'VE BEEN FEELING



BEDTIME THOUGHTS

Self Care Reflection

GIRLTALK4REAL

DATE:

1. WHAT CAN YOU TALK ABOUT ENDLESSLY AND EFFORTLESSLY FOR HOURS?

1

2. WHAT DO OTHERS SAY ABOUT ME?

2

3. WHAT KEEPS ME UP AT NIGHT?

3

Self Care Reflection

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**4. AM I LETTING MATTERS THAT ARE OUT OF MY
CONTROL STRESS ME OUT?**

4

**5. AM I ACHIEVING THE GOALS THAT I'VE SET FOR
MYSELF?**

5

6. WHAT WORRIES ME MOST ABOUT THE FUTURE?

6

Self Care Reflection

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7. WHAT MATTERS MOST IN MY LIFE?

7

8. WHAT AM I DOING ABOUT THE THINGS THAT MATTER MOST IN MY LIFE?

8

9. WHAT DO I WANT MOST IN LIFE?

9

Self Care Reflection

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WRITE A LIST OF QUESTIONS THAT YOU URGENTLY NEED ANSWERED.

1.

2.

3.

NOTES

Self Care Reflection

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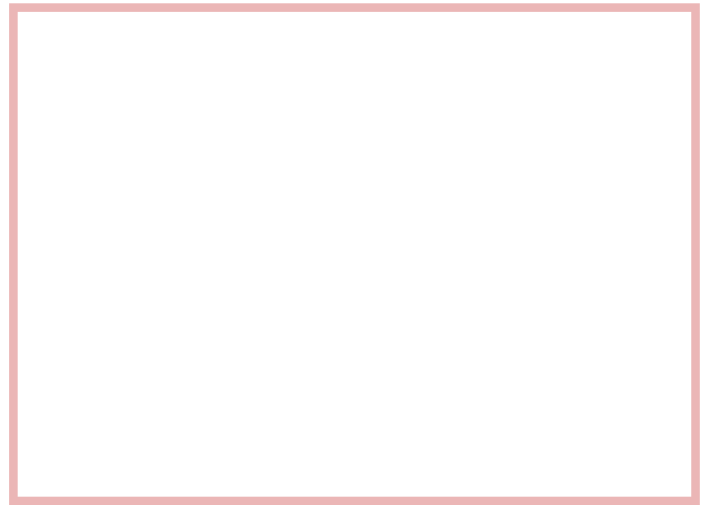
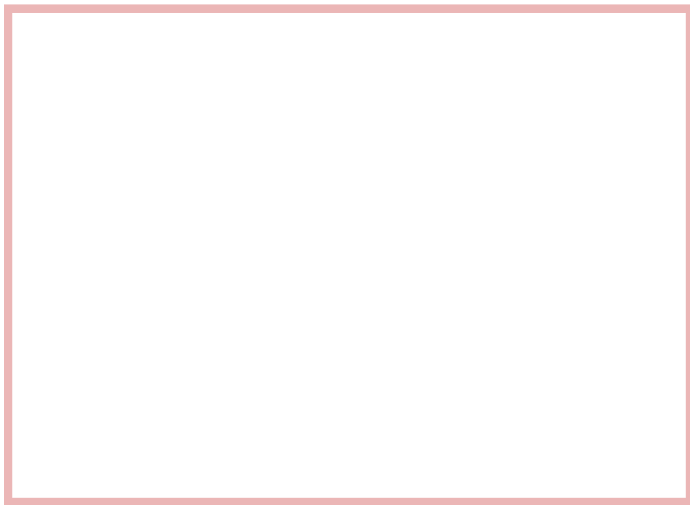
WEEK:

1 2 3 4 5

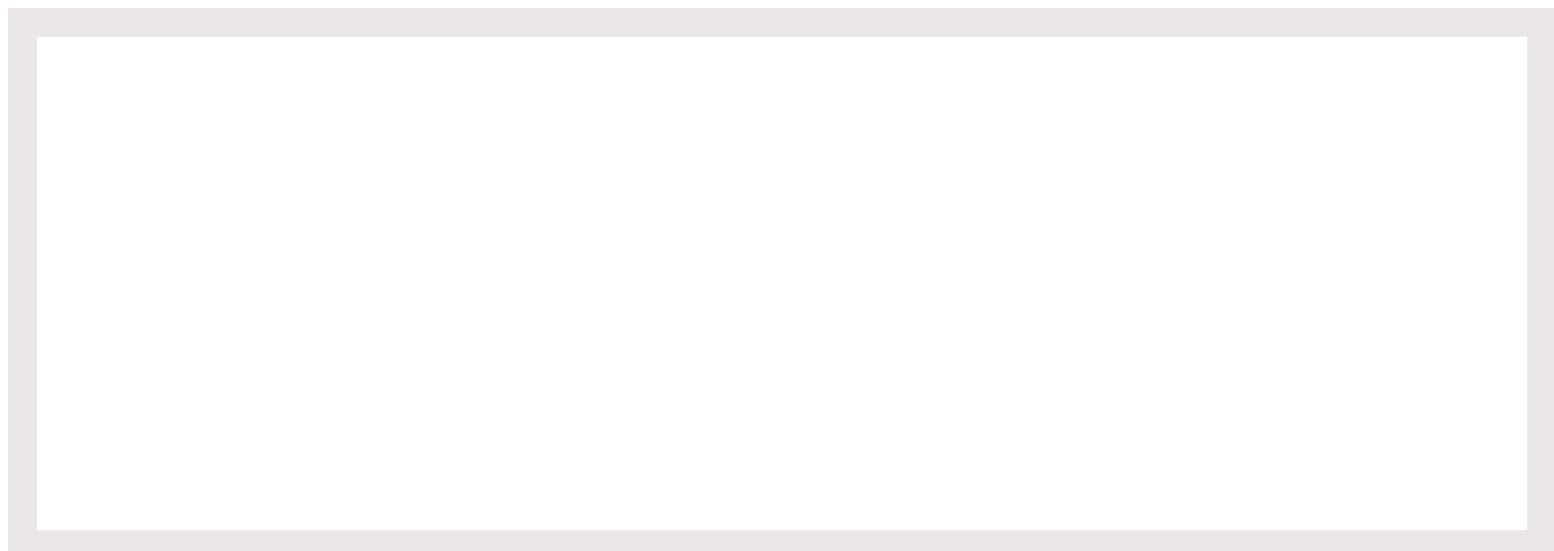
MY TOP ACCOMPLISHMENTS

1. _____
2. _____
3. _____

WRITE THE WORDS YOU NEED TO HEAR.



I HOPE FOR / I WOULD LIKE TO IMPROVE



Self Care Planner

GIRLTALK4REAL

BE MINDFUL - BE PRESENT

Pick an activity for the day. Note how many minutes you will devote to it and keep yourself accountable.

Repeat Daily.

Take an afternoon nap

Try something new

Read a book

Relaxing bath

Have a like-minded
convo

Go for a walk

Salon / Pamper - Hair /
Nails

Enjoy a treat

Yoga / Meditation

Gym / Workout

Journaling

Watch a favourite
show

Breathing exercise

Make yourself
proud

Social Detox

Cook your favourite
meal

The logo features the text "GirlTalk4Real" in a black serif font, centered within a light pink square with a thin gold border. This square is set against a larger, irregular pink brushstroke background, all contained within a black rectangular frame.

GirlTalk4Real

Connect with us

www.girltalk4real.com

Email: chat@girltalk4real.com



@girltalk4real



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