

## KINDNESS AT HOME™ JOURNAL

### CARING • Week 2 • Ages 13-Adult

When we care for ourselves, we are naturally better able to care for others. Caring starts with one: YOU. How do you care for yourself through words and actions? Ignoring your own self-care leaves you depleted and drained. You cannot properly care for others without first caring for yourself. Caring is feeling and showing concern for others. This week, we will highlight how we care for OURSELVES. The goal is to examine HOW you care for yourself and areas that might be overlooked.

Remember, you cannot care for others without first caring for yourself!

### YOUR TURN

Journal Prompt this week:

**What is an area of self-care you struggle with or forget or overlook? What can you do to change that?**



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.