



**MC Academy**

# Self-Care Diary

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Keep track of your well-being in an easy and thought-inducing way.



Our Accreditations



Our Values: Motivate - Support - Guide



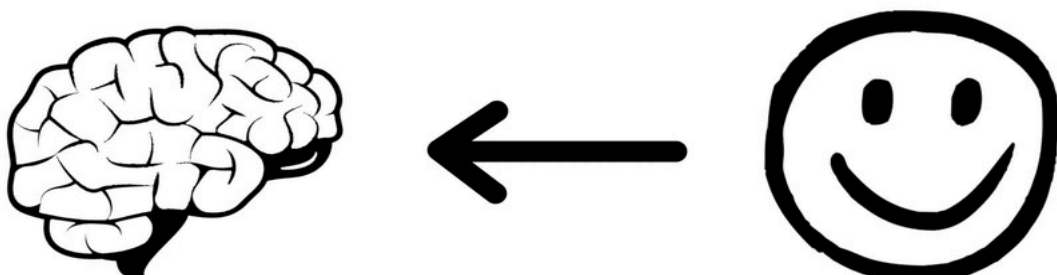
**We have an important message  
to share with you...**

**It is important to take care of yourself throughout your  
day-to-day life.**

**We often remember to take care of ourselves physically.  
We exercise, we eat healthily, we maintain our  
personal hygiene, but it is also important to take care  
of ourselves mentally.**

**Use this diary to record your thoughts and experiences.  
Fell free to colour, write, and draw all over this book!**

***Mental Health - A person's condition with regard  
to their psychological and emotional well-being.***



Write 10 interesting facts about yourself...

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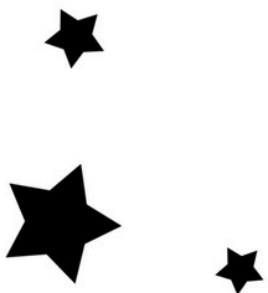
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What do you do to make yourself feel...

**HAPPY???**



Write down your reasons here!



What

# ***RESPONSIBILITIES***

do you currently have?

How would you rate your current

# ACHIEVEMENTS?



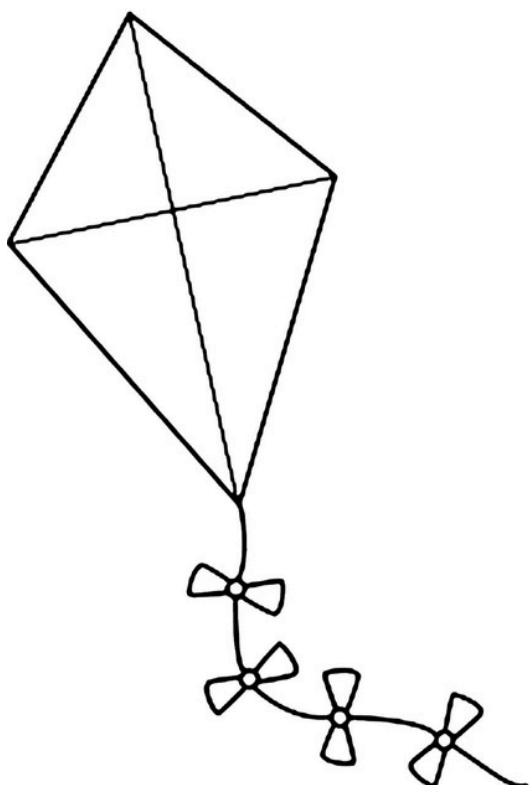
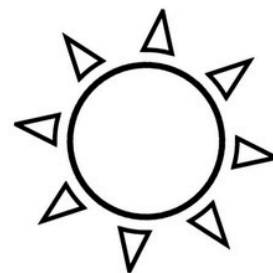
Think of everything that you have accomplished so far!

No matter how big or small.

What things did you like as a child?

Why did you like them?

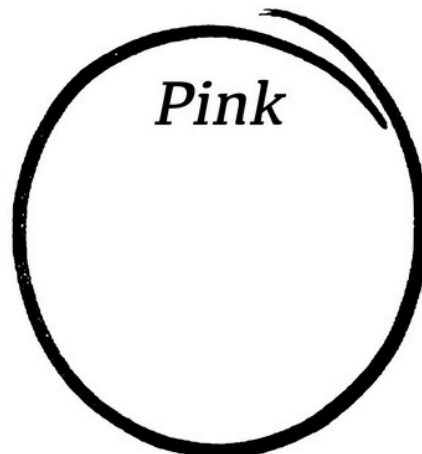
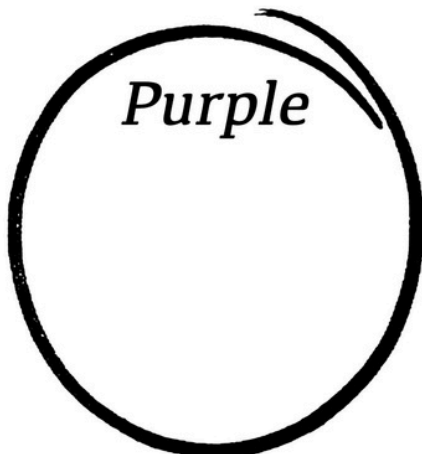
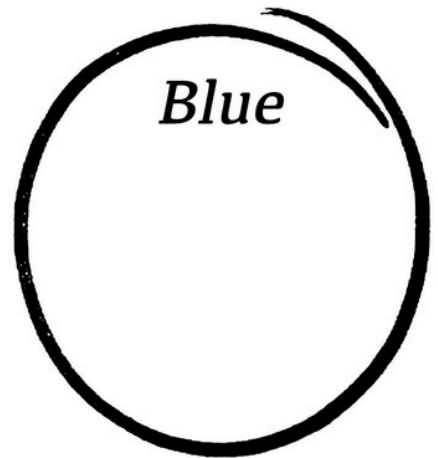
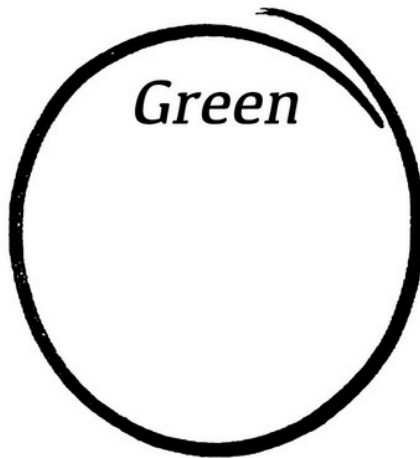
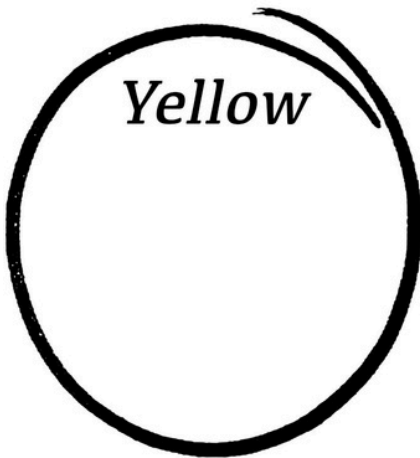
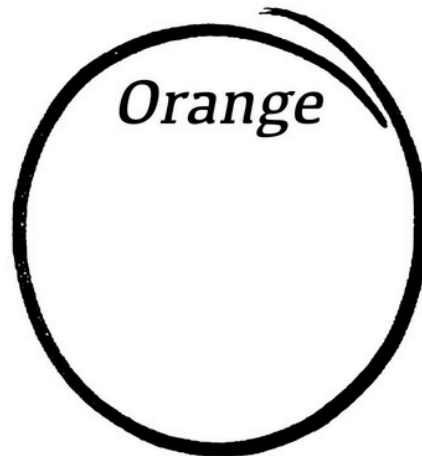
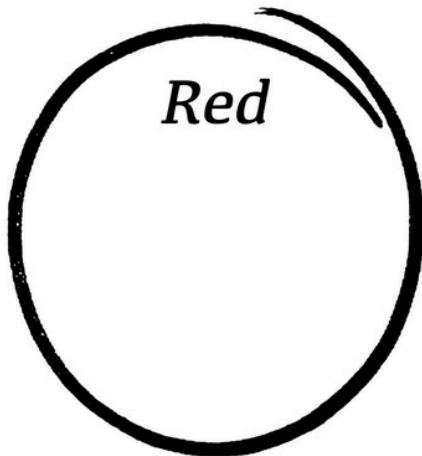
Do you still like these things now?



Imagine that colours are different moods...

Which colour are you today?

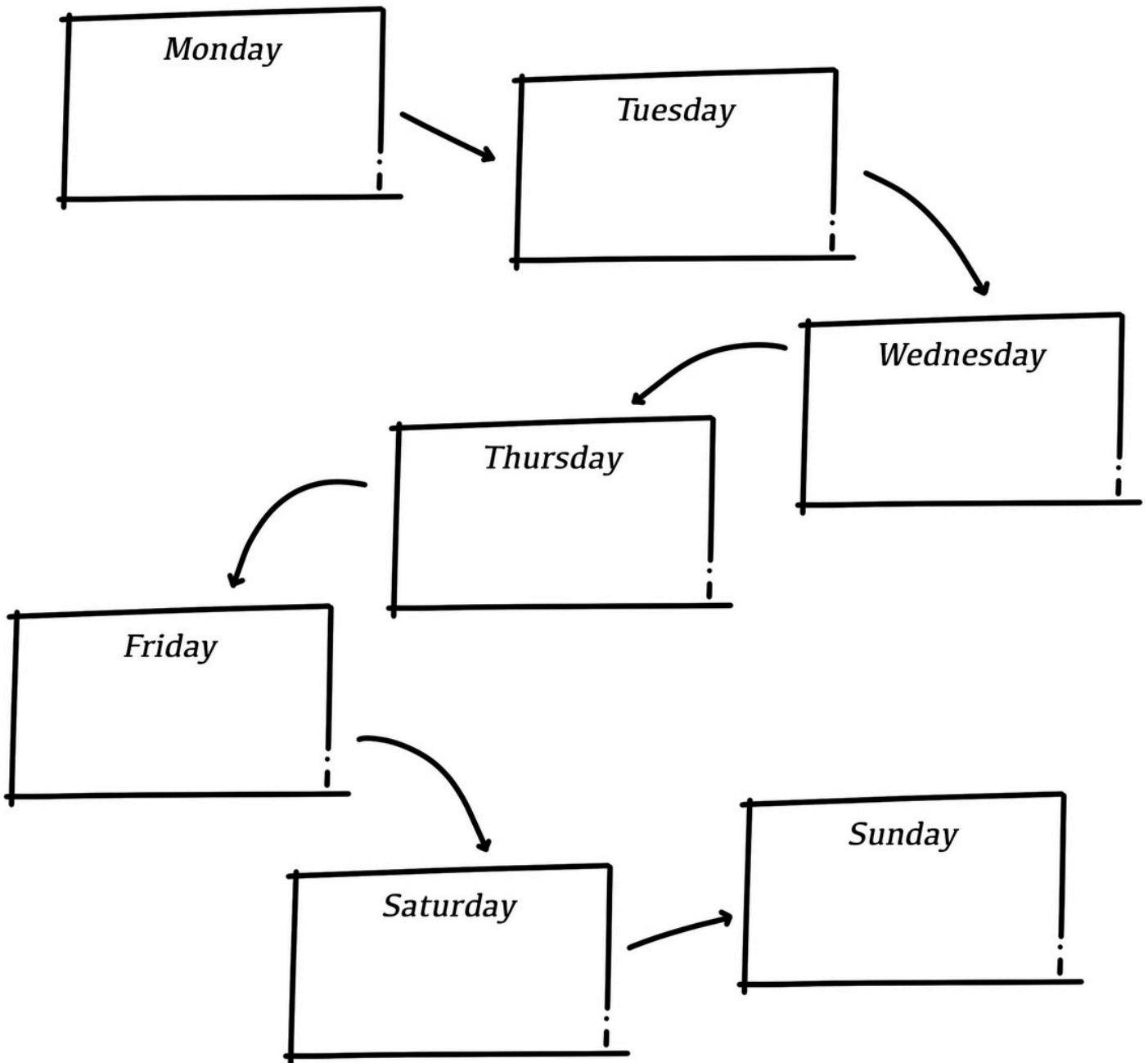
Which colour do you want to be?



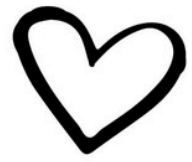


What do you want to achieve...

*this week?*



Write down your plans carefully.



# Who inspires you?

A family member, a friend, a teacher?

A large, empty rectangular box with a black border, intended for the user to write their answer to the question above.

Think about the people currently in your life...

Write 10 positive words to describe yourself...

1

2

3

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What is

((( **WORRYING** )))

you right now?



Write down your worries...



Let them wash away!

1

2



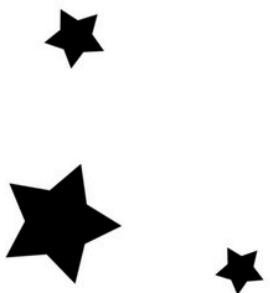
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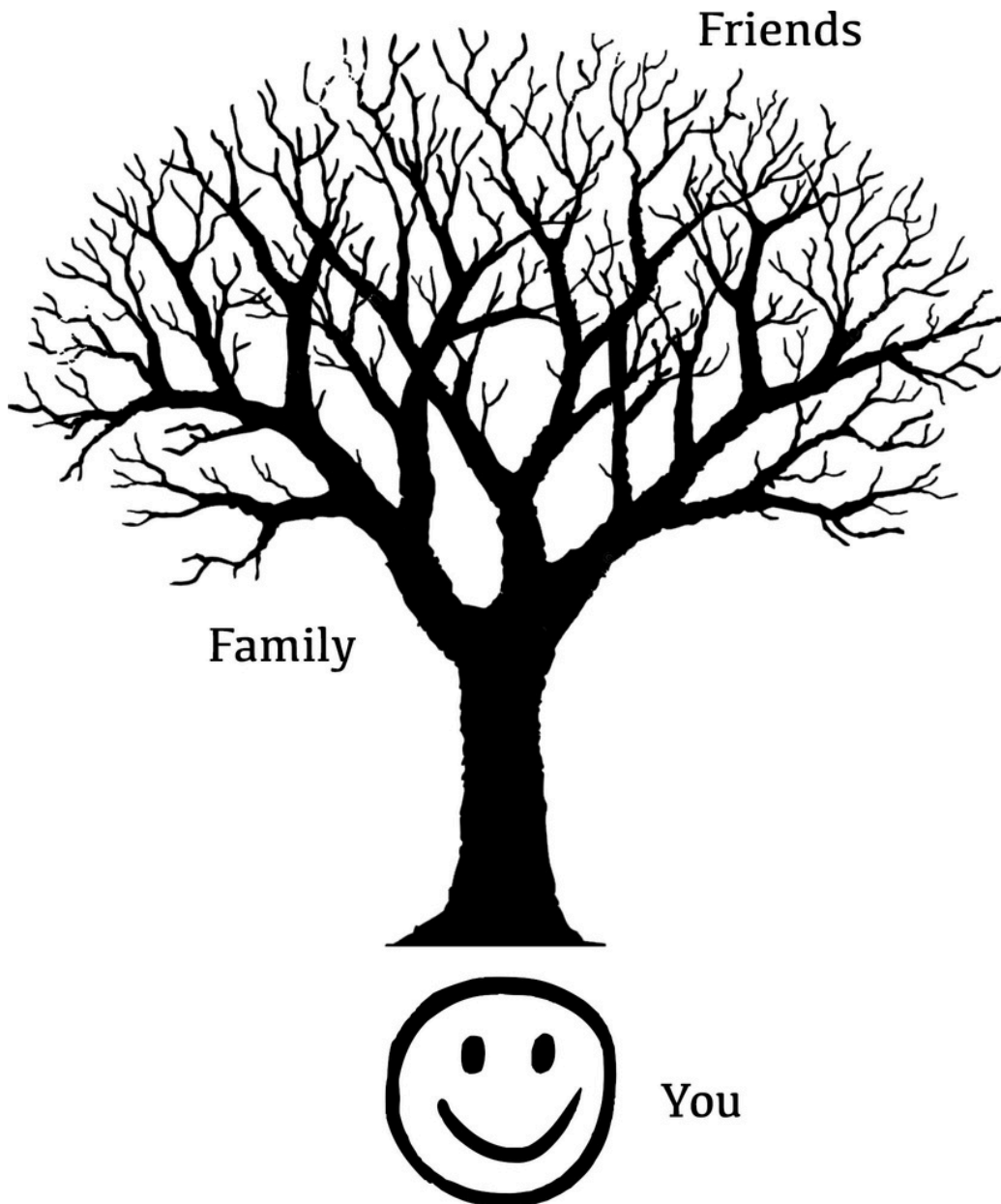


Where is your happy place?



Where would you like to travel to?

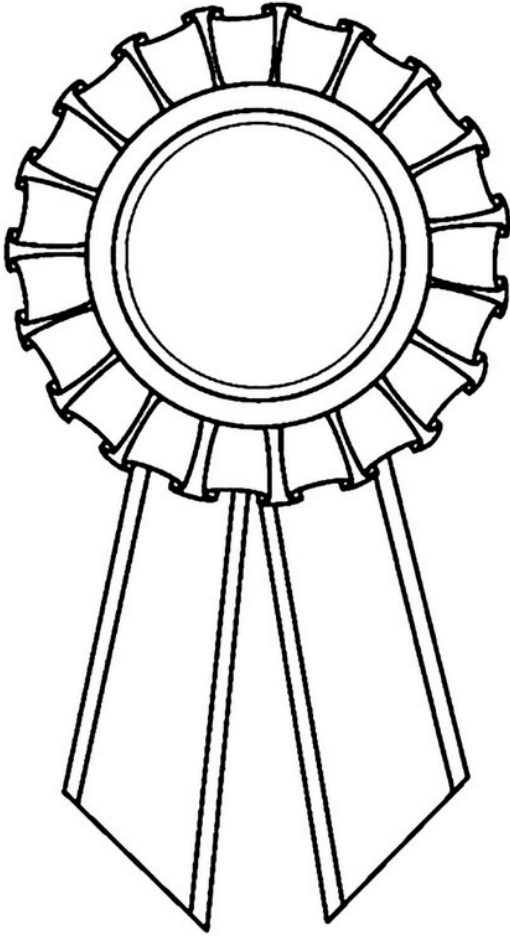




Which people in your life help  
you on your journey?

Is there any part of your life that you would like to...

# improve?

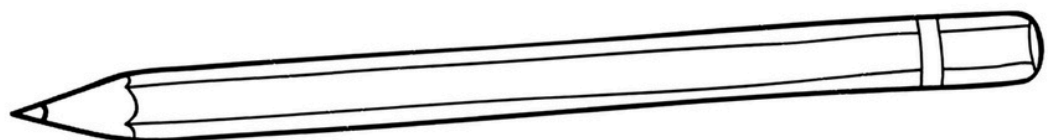
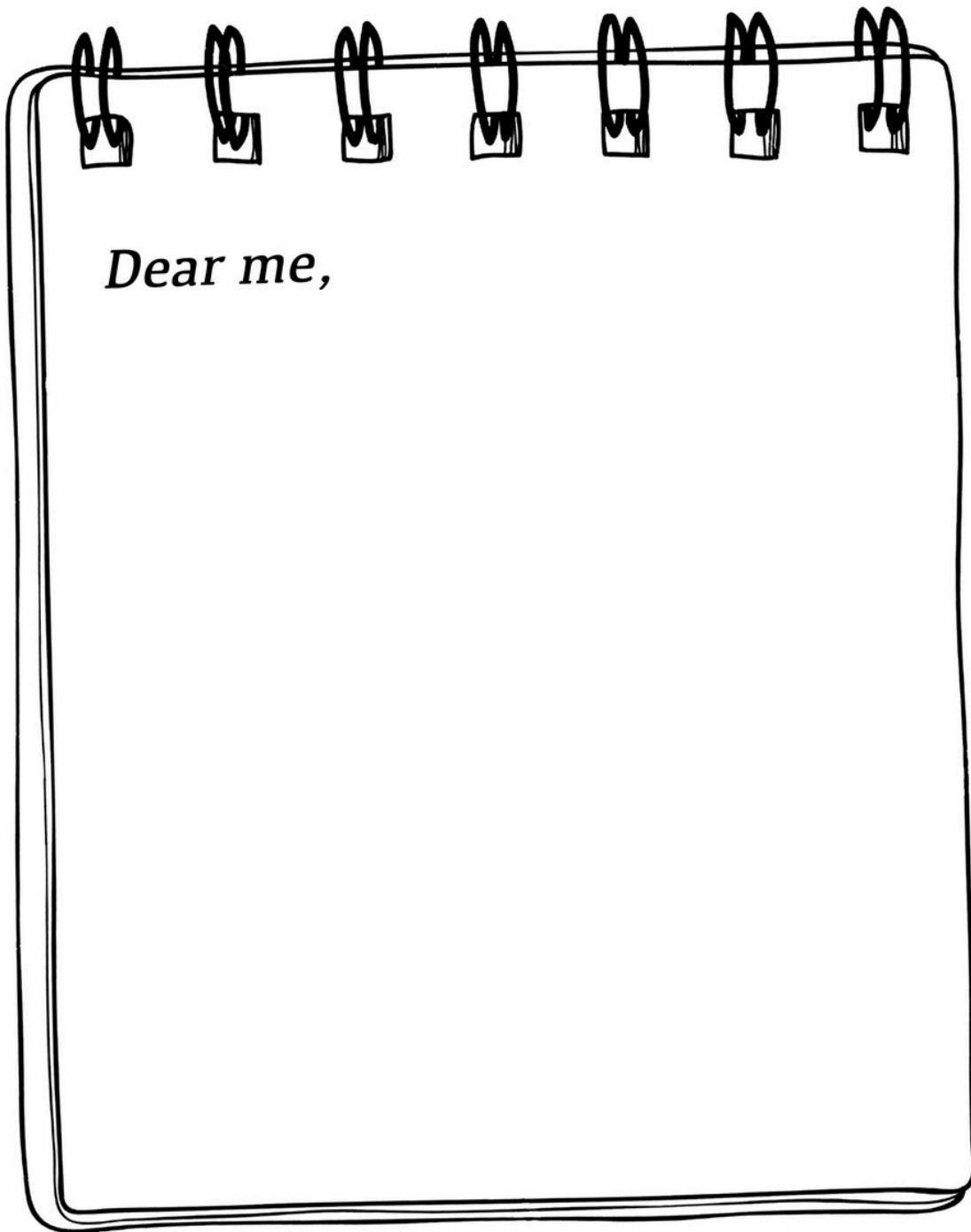


Medal of  
**ACHIEVEMENT!**

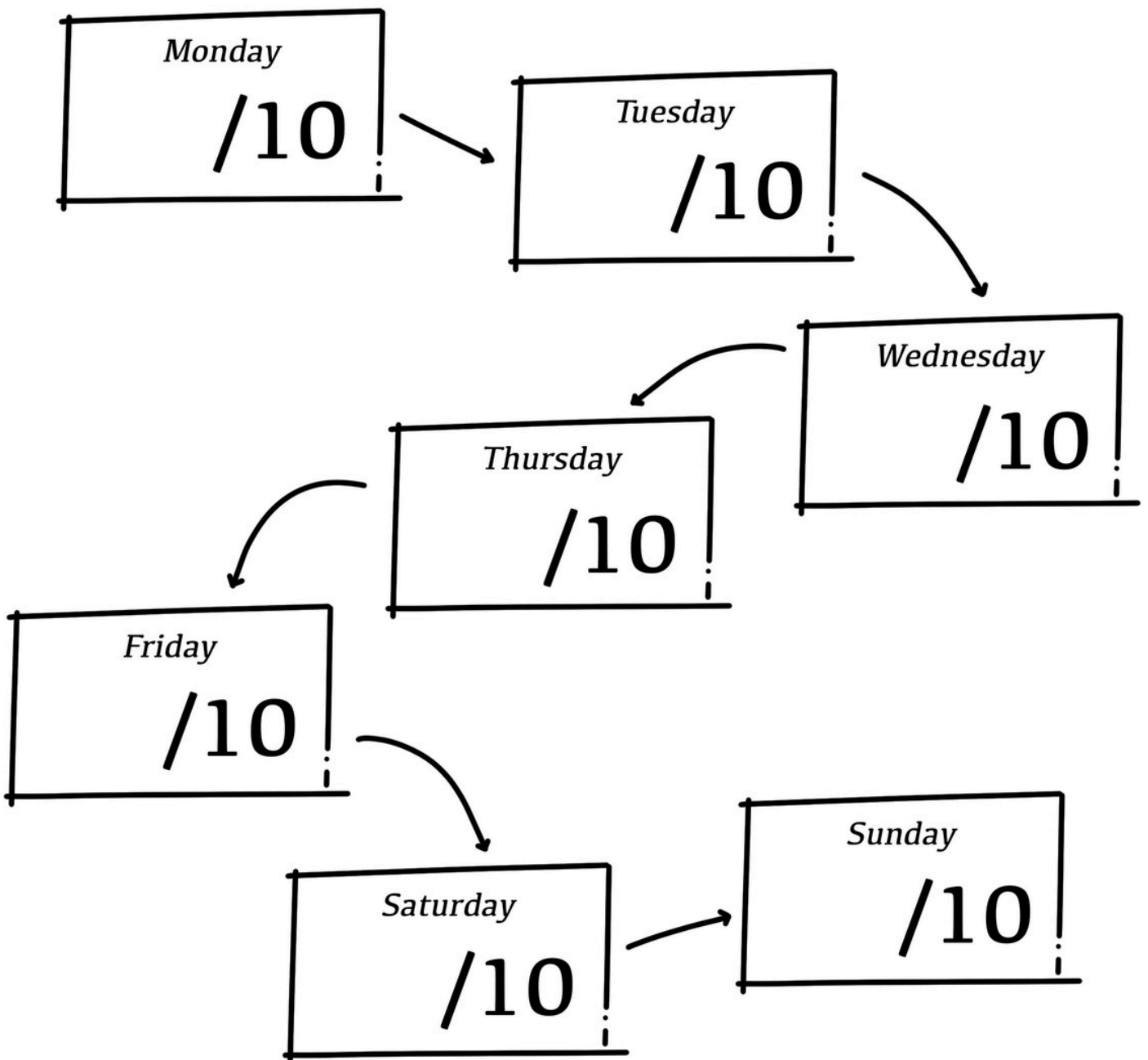
Why would you like to improve  
this part of your life?

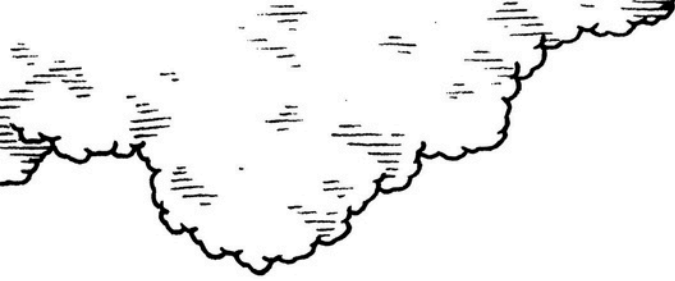


If you could pass on a piece of advice  
to your younger self,  
what would you say?



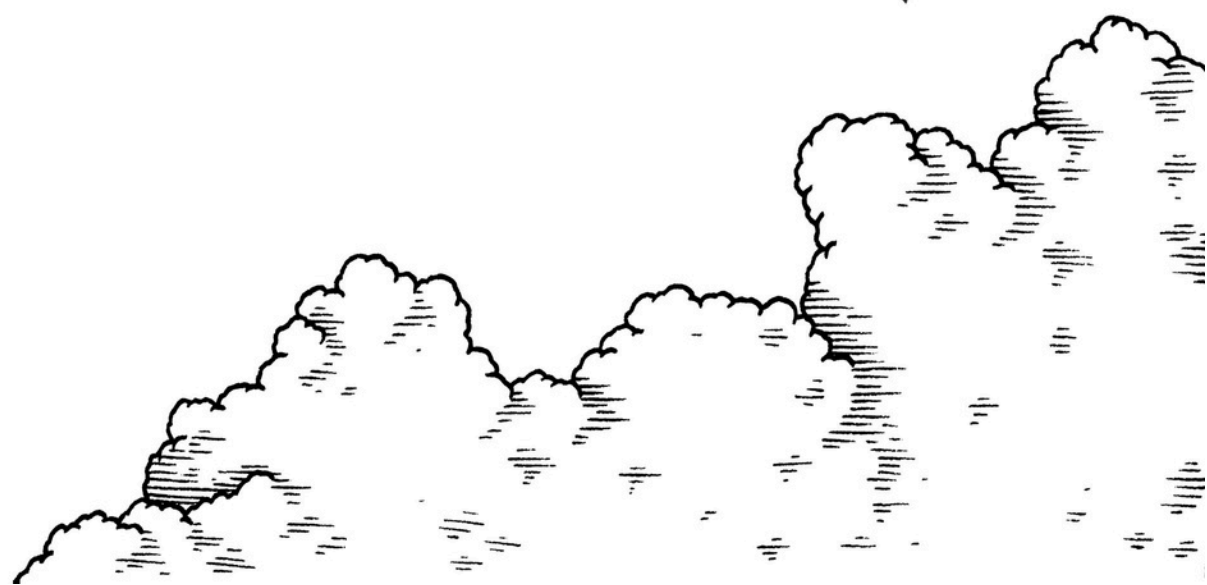
Rate you week out of 10!  
Which day was the BEST?





# Your headspace...

Write down your ideas here...





Don't forget to look after your Self-Care Diary!

If you have any questions regarding your well-being and would like to talk to a member of staff, please speak with our

Designated Safeguard Lead, **Rahila Tauqeer**

If do not wish to speak in person, then you can send an email instead to:

[DOS@themcacademy.co.uk](mailto:DOS@themcacademy.co.uk)



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