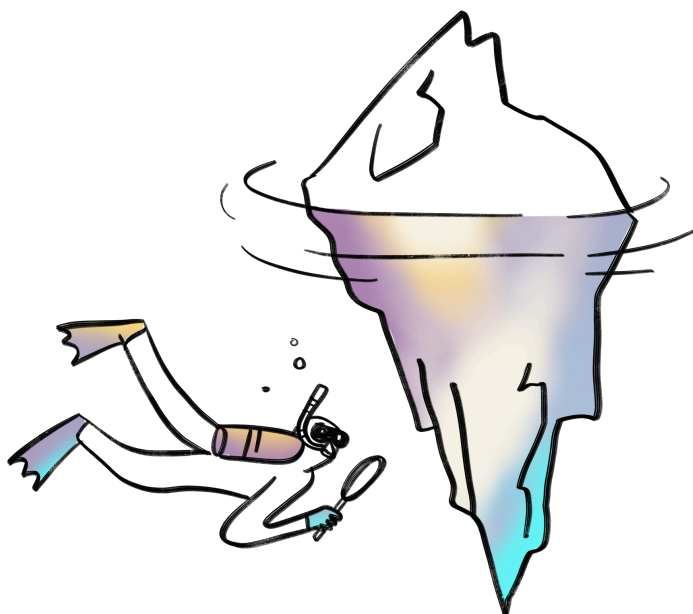




Developed within the Erasmus+ “EmpowerUrself2Advocate4Wellbeing”
youth participation activity project.

The result of cooperation between Slovak Eco Quality and UniGrowth
Development Center Armenia.

Funded by European Union

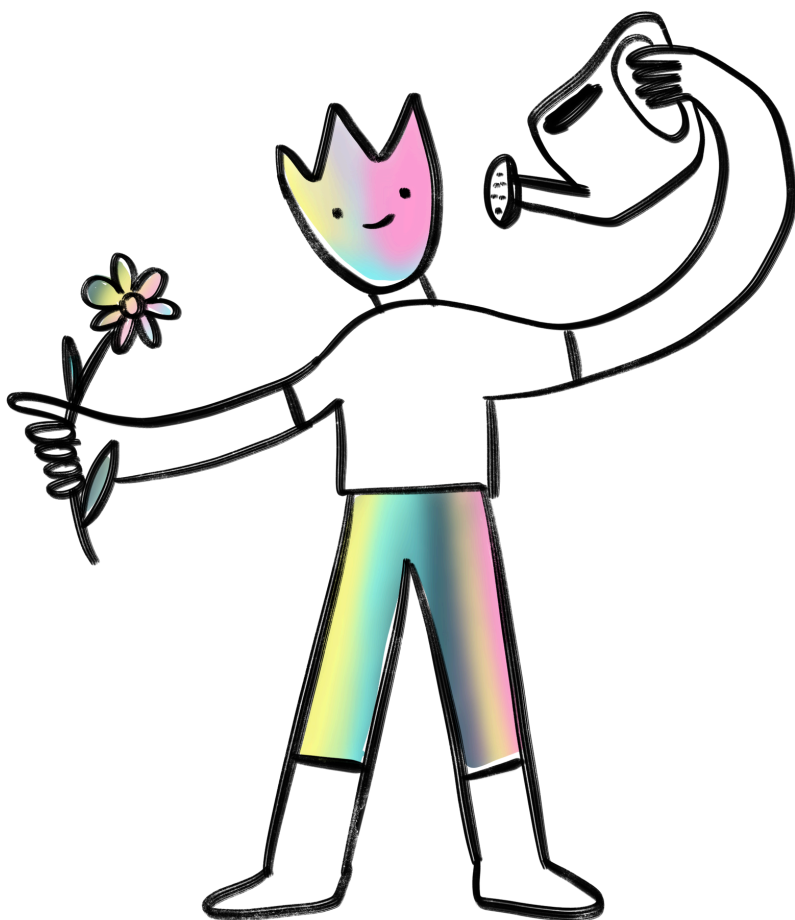


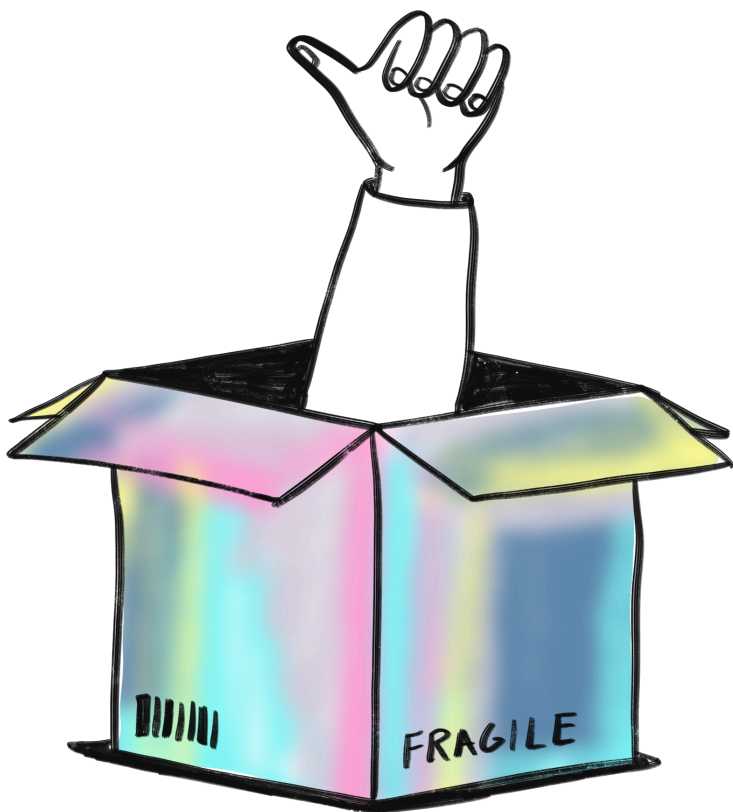
Funded by
the European Union



Balance Within:

A Guided Journal for Well-Being





Welcome to

“Balance Within: A Guided Journal for Well-Being”

This journal has been developed within the **Erasmus+ “EmpowerUrself2Advocate4Wellbeing”** youth participation activity project. It is a result of a collaboration between young people from **Slovakia and Armenia** who believe that self-care is not a luxury but a necessity. It is designed to help you cultivate habits that support your well-being, mentally, emotionally, and physically.

Why Self-Care Matters?

In our fast-paced world, we often prioritize external responsibilities over our own well-being. However, self-care is essential for maintaining balance, reducing stress, and nurturing resilience. It empowers us to be more present, effective, and compassionate, both toward ourselves and others. By dedicating time to self-care, we invest in a healthier, more fulfilling life.

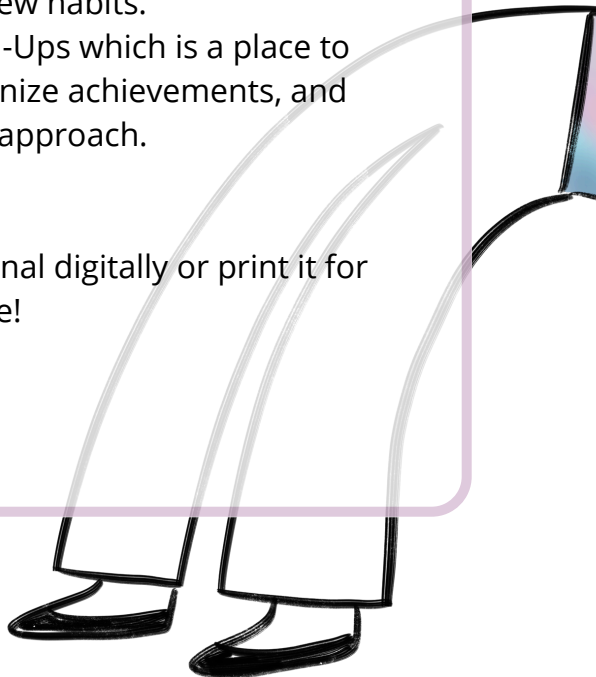


Navigating Your Self-Care Journey

This journal is a space for reflection, self-discovery, and personal growth, therefore it includes:

- Reflective Questions to help you explore different self-care pillars and deepen your understanding of your needs.
- Reminders Section with gentle nudges to help you stay consistent with self-care practices and develop healthy habits.
- Challenges that are fun and thought-provoking tasks to encourage new habits.
- Weekly/Monthly Sum-Ups which is a place to track progress, recognize achievements, and adjust your self-care approach.

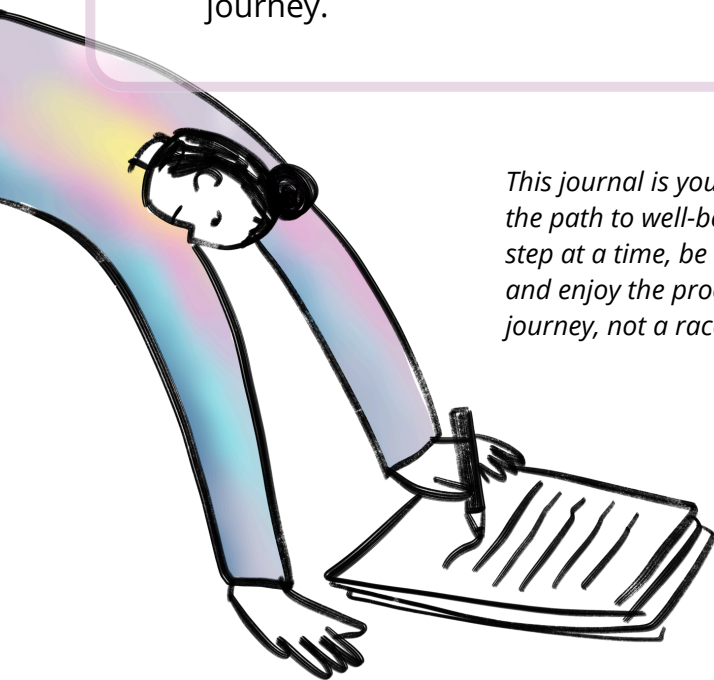
*You can fill out this journal digitally or print it for a handwritten experience!



What to Expect

By using this journal, you can:

- **Gain greater self-awareness** and insight into your well-being needs.
- **Develop healthy habits** that support emotional, mental, and physical self-care.
- **Build resilience** and improve your ability to manage stress.
- **Strengthen your connection with yourself** and your personal growth journey.



This journal is your companion on the path to well-being. Take it one step at a time, be kind to yourself, and enjoy the process. Growing is a journey, not a race :)

Physical Self-Care

Taking care of your body is a fundamental part of self-care. Movement, nourishment, rest, and mindful body awareness help maintain energy, reduce stress, and improve overall well-being. This section invites you to reflect on your physical needs, build sustainable self-care habits, and listen to your body's signals.

Let's start with some reflection

What is physical self-care for you?

**How does my body feel right now?
What does it need at this moment?**

Did I engage in movement this week? How did it make me feel?

Did I nourish my body with healthy food and drink enough water during the week?

No



Yes

Have I felt any discomfort, tension, or pain recently? What can I do to ease it?

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What signals is my body sending me about my overall well-being?

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What is my energy level right now?

Empty



Full

What makes me exhausted?

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What makes me energized?

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If my body could speak, what message would it have for me?

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Steps towards healthy habits



What small physical self-care habit can I add to my daily routine, and why should I do it?

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How can I make my self-care routine more enjoyable?

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What new physical activity or self-care practice am I curious about trying? And why I didn't start yet?

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Physical Self-Care Challenges

Move your body!

Try a new form of movement or revisit one you love—dancing, yoga, hiking, or even a short walk. How did it make you feel?

Date of challenge:.....Note:.....

Hydration Boost

Make a conscious effort to drink more water. Track your intake and notice how it affects your energy and mood.

Date of challenge:.....Note:.....

Nourish your body

Plan and enjoy at least three balanced, nutrient-rich meals this week. How does your body respond to mindful eating?

Date:.....Meal:.....Note:.....

Date:.....Meal:.....Note:.....

Date:.....Meal:.....Note:.....

Ultimate Self-Care Moment

Dedicate time to a physical self-care ritual: take a warm bath, do a stretching routine, or try a breathing exercise for at least 10 days. Did it impact your well-being? If so, how?

Starting date:.....Note:.....

Start Your Day with Sunlight

Spend 10 minutes in natural light each morning—sit by a window or take a short walk outside. Try to do it before you check your phone. Natural light is the best way to wake up your brain.

Date of challenge:.....Note:.....

Be mindful of your breathing

Take time to practice breathing techniques and feel the rhythm of your inhale and exhale. Repeat deep inhale and exhale for 10 times right now, but also anytime you are feeling in a rush.

Date of challenge:.....Note:.....

Write down your own challenge

Starting date:.....Challenge:.....

Checking date:.....Note:.....

Sum up your progress

(Choose to reflect weekly or monthly based on what works for you.)

What have I done to care for my body?

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What did I learn about my body and self-care habits?

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What physical self-care habit do I want to continue?

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**Even if it's not how you would like it to be. Its ok!
Remember self care is a journey not a destination!**

Emotional Self care

Emotional self-care means creating space to feel, understand, and express your emotions in healthy ways. It's about building emotional awareness, nurturing self-compassion, and creating habits that support emotional balance and resilience. This section helps you connect with your feelings, care for your inner world, and honor your emotional needs.

Time for some reflection

If my feelings could speak, what would they say to me right now?

What emotions do I feel I'm "not allowed" to express, and why?

Are there habits or people in my life that are damaging my emotional well-being?



What three emotions dominated my week?

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**What would I love someone to say to me
right now—but I rarely say it to myself?**

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**What have my emotions been teaching me lately—something I
hadn't realized before?**

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**What emotion have I been avoiding?
What might happen if I sat with it for a moment?**

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**How do I usually react when I feel overwhelmed or hurt?
How else could I respond?**

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Steps towards healthy habits

Building emotional self-care habits takes time, but small steps can make a big difference. Try reflecting on these:

What is one supportive habit I could add to my routine to care for my emotions?

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How can I create more space in my day to acknowledge how I feel?

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What boundaries do I need to set to protect my emotional energy?

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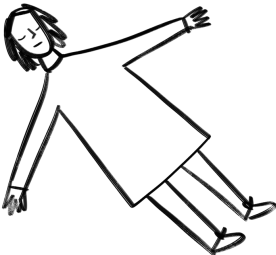
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What's one way I can respond to myself with more kindness when I make a mistake or feel emotional pain?

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Who are the people who make me feel emotionally safe—and how can I spend more time with them or reach out?

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Emotional self care challenges

To make it easier to keep track of the challenges, it might be better to use your own notepad or calendar (as a reminder)

Name It to Feel It

At the end of each day, write down one emotion you felt and what triggered it. Practice naming emotions instead of pushing them aside. Try it out here than use your notepad:

Date:.....Note:.....

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Say It Out Loud

Tell someone how you feel (even if it's just a small thing). Or speak it out to yourself in a safe space.

Date:.....Note:.....
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Write Yourself a Kind Message

Write a short letter or sentence to yourself that you wish someone else would say to you. Reread it when you need support.

Date:.....Note:.....
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Feel It Without Fixing It

Take 10 minutes to sit with a difficult emotion. Don't try to change it—just breathe and notice what it's like to feel it.

Date of challenge:.....Note:.....

Write down your own challenge

Starting date:.....Challenge:.....

Checking date:.....Note:.....

Sum up your progress

(Choose to reflect weekly or monthly based on what works for you.)

What helped me feel emotionally supported this week/month?

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How did I respond to strong emotions? What worked or didn't?

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What drained me emotionally?

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What do I want to carry forward into the next week/month emotionally?

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How can I show up more compassionately for myself?

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Social Self-care

Social self-care is about nurturing healthy, meaningful relationships and feeling connected to others. It involves setting boundaries, seeking support when needed, and spending time with people who uplift and respect you. This section helps you explore your social needs, strengthen your support system, and reflect on how relationships impact your well-being.

Time for some reflection

Who are the people that make me feel safe, seen, and supported?

When was the last time I had a meaningful conversation? How did it feel?

Do I feel connected or isolated lately? What might I need more (or less) of socially?



Are there relationships in my life that drain me?

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What boundaries might I need to set?

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What kind of support do I need right now—and have I asked for it?

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How do I show up for others when they need support?

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If I could describe my ideal social circle, what would it look and feel like?

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Who do I want to spend more time with?

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Who do I feel better distancing from?

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Steps Toward Healthy Social Habits

What's one small way I can stay connected to people who matter to me? (e.g., *sending a message, scheduling a catch-up, expressing appreciation*)

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How can I build more meaningful interactions in my week?

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When do I feel the most socially recharged—alone, with one close friend, or in a group?

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How can I create more space for laughter, fun, and authentic connection in my life

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Social Self-Care Challenges

Choose a challenge each week or month—or follow your own pace.

Reconnect

Reach out to someone you haven't talked to in a while.
Send a message, voice note, or set up a call.

Date of challenge:.....Note:.....

Appreciate Someone

Let someone know how much you value them—with a kind word, message, or gesture.

Date of challenge:.....Note:.....

Tech-Free Together Time

Have a conversation or activity with someone without screens. Be fully present.

Date of challenge:.....Note:.....

Share Authentically

Open up about something real you're feeling or experiencing with someone you trust.

Date of challenge:.....Note:.....

Practice Saying No

Say no to a social event or person that feels draining, and use that time to rest or connect meaningfully elsewhere.

Date of challenge:.....Note:.....

People Energy Check

After each interaction this week, reflect: Did this energize or drain me? Why?

Date of challenge:.....Note:.....

Write your own challenge

Date of challenge:.....Note:.....

Checking date:.....Note:.....

Sum up your progress

(Choose to reflect weekly or monthly based on what works for you.)

What social moments brought me joy, connection, or peace?

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What drained me or made me feel disconnected?

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Who do I want to invest more time and energy into?

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What social self-care goal can I focus on next week/month?

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My Social Circle Exercise

- Draw a large circle.
- Place yourself in the center. Around you, start adding people who come to mind—parents, siblings, friends, classmates, colleagues, neighbors, relatives... anyone you interact with, even occasionally. You can write their full name, initials, or just a symbol that helps you recognize them.
- Mark each person based on their impact on you:
- Put a "+" next to people who positively affect your self-image and self-respect.
- Put a "-" next to those who negatively affect how you see and value yourself.
- Put a "♥" next to people you'd like to spend more time with or who feel like mentors/supportive figures.
- Put an "X" next to people you may want to limit or stop interacting with.
- Now, take a step back and reflect: What would you like to change in that circle and how could you do that?

- Note: You don't need to make decisions right away. This is just a "food for thought" exercise—an invitation to reflect. Sometimes awareness is the first powerful step toward change. Take your time.

Intellectual Self-care

Intellectual self-care means engaging your mind in ways that inspire curiosity, creativity, and personal growth. It's about stimulating your thoughts, exploring new ideas, and feeding your inner learner. This section helps you discover what sparks your interest, challenge yourself mentally, and build habits that keep your mind sharp and satisfied.

Time for some reflection

What have I learned recently that excited or surprised me?

Do I give myself time and space to explore new ideas or skills?

What inspires my creativity or problem-solving side?

Am I allowing myself to be a beginner in something—or do I avoid it out of fear of failure?

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What role does curiosity play in my daily life?



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What do I enjoy doing so much that I don't even notice the time passing?

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When was the last time I felt proud of something I created or understood?

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Are there times when I feel uninspired or bored? What kind of stimulation or change could help?

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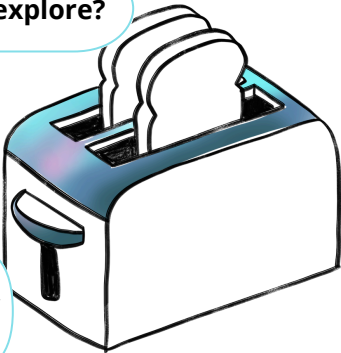
Steps Toward Healthy Intellectual Habits

What is one new thing I'd love to learn or explore?

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How can I make space for reading, creating, or thinking in my routine?

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What's a habit I can build that supports my focus and curiosity?
(e.g., journaling, taking breaks, setting screen limits)

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What kind of content (books, podcasts, videos, etc.) inspires and nourishes me?

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Intellectual Self-Care Challenges

Choose one challenge per week or month or follow your own flow.

Learn Something New

Watch a documentary, read an article, or try a new skill—just for the joy of learning.

Date of challenge:.....Note:.....

Free write/journal

Set a timer for 10 minutes and let your thoughts flow. No editing, no judging—just explore your mind.

Date of challenge:.....Note:.....

Create for the Sake of Creating

Draw, write, build, design, or craft—whatever lights your brain up creatively.

Date of challenge:.....Note:.....

Read a chapter

Pick up a book you've been meaning to start (or finish) and read a little. Notice how your mind responds.

Date of challenge:.....Note:.....

Challenge your brain

Try a puzzle, strategy game, or brain teaser. Observe how you approach problem-solving.

Date of challenge:.....Note:.....

Digital Detox

Take a short break from mindless scrolling and notice what thoughts or ideas come up instead.

Date of challenge:.....Note:.....

Write your own challenge

DateChallenge:.....

Date of Checking.....Note:.....

Sum up your progress

(Choose to reflect weekly or monthly based on what works for you.)

What topic or idea lit me up inside?

What learning habit helped me feel focused and alive?

What creative or mental task made me feel accomplished or proud?

What is something I want to explore more deeply in the coming week/month?



Spiritual Self-care

Spiritual self-care is about connecting with something greater than yourself—whether that's nature, a sense of purpose, personal values, stillness, or a higher power. It's about finding meaning, feeling grounded, and nurturing inner peace. This section invites you to explore what brings you clarity, inspiration, and a deeper sense of belonging.

Time for some reflection

What gives my life meaning right now?

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When do I feel the most connected to something bigger than myself?

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What values guide the way I live and make decisions?

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Do I make space for gratitude in my day?

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What helps me feel grounded when life feels chaotic or uncertain?



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How do I reconnect with myself when I feel lost or overwhelmed?

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Have I been listening to my intuition lately—or ignoring it?

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When was the last time I paused just to reflect, breathe, or appreciate the present moment?

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Step Towards Healthy Spiritual Habits

How can I bring more gratitude into my daily life?

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What helps me stay aligned with my core values—even when things get tough

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How do I nourish my inner world when I'm feeling empty or disconnected?

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What spiritual or reflective practices have helped me in the past? How can I revisit them?

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**How can I make space for wonder, beauty, or
mindfulness in my daily life?**

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Spiritual Self-Care Challenges

Choose one challenge per week or month or follow your own flow.

Gratitude Ritual

Each day, write down or say aloud 3 things you're grateful for.
Let them be small or big.

Date of challenge:.....Note:.....

Silence and Stillness

Spend 5–10 minutes in complete silence. Just breathe,
observe, and be.

Date of challenge:.....Note:.....

Grounding in Nature

Take a walk in nature, sit under a tree, or just observe the sky.
Notice how it makes you feel.

Date of challenge:.....Note:.....

Define your Values

Write down your 3–5 core values. Reflect on how your actions align with them.

Date of challenge:.....Note:.....

Letting Go Ritual

Write something you're ready to release, and tear it up or burn it (safely). Reflect on the emotional shift.

Date of challenge:.....Note:.....

Follow Your Intuition

For one day, intentionally listen to your gut feeling when making small choices. What did you notice?

Date of challenge:.....Note:.....

Write your own challenge

DateChallenge:.....

Date of Checking.....Note:.....

Sum up your progress

(Choose to reflect weekly or monthly based on what works for you.)

What helped me feel connected or at peace recently?

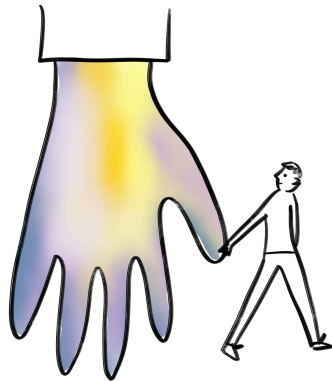
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What moments reminded me of what truly matters?

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**What can I do to nourish my spirit
more in the coming days?**

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Thank you!

You've reach the end of our ***"Balance Within: A Guided Journal for Well-Being"*** and we are really thankful, that you gave it a try!

We hope it was a nice and instructive journey for you, but keep in mind, that journey of our well being is a long-term process.

So even if you already know, what's inside this journal, don't hesitate to come back anytime you feel. Some of your answers might stay the same, but some of them may seem unbelievably different, but that's what growing is about.

Take care :)

Slovak Eco Quality
UniGrowth Development Center

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