



NURSE SELF-CARE & WELLNESS JOURNAL

30-Day Guided Journal for Nurses & Medical Professionals
Daily Reflections • Mood Tracking • Gratitude • Affirmations • Self-Care Goals

■	30 Daily Journal Pages	Guided prompts for every shift day
■	Mood & Energy Tracker	Visual daily check-in for emotional awareness
■	Gratitude Practice	3 daily gratitude prompts to reset your mindset
■	Win of the Day	Celebrate your victories, big and small
■	Weekly Reflection Pages	Deeper dives every 7 days to track your growth
■	Monthly Progress Summary	Big-picture review of your 30-day journey
■	Daily Affirmations	30 unique affirmations written for nurses
■	Self-Care Habit Tracker	Daily checkboxes for hydration, rest, and wellness

■ A note from Bobcat Medical™: "You give so much of yourself every single shift. This journal is your space — to breathe, reflect, and reconnect with why you chose this extraordinary profession. You deserve care too. ■"

HOW TO USE THIS JOURNAL

SHOW UP FOR YOURSELF

1

This journal is for YOU. There are no right or wrong answers. The goal is honest self-reflection — even if that means writing "today was awful" on some pages. Authenticity over perfection.

FILL IN AFTER YOUR SHIFT

2

The best time to journal is right after your shift — while feelings are fresh. Even 5 minutes of reflection can dramatically reduce burnout and improve your mental clarity.

TRACK YOUR PATTERNS

3

After a few weeks, look back at your mood and energy scores. You'll start to notice patterns: which shifts drain you, which habits help, and what keeps you grounded.

COMPLETE WEEKLY REFLECTIONS

4

Every 7 days, take 10–15 minutes for the Weekly Reflection page. These deeper prompts help you process bigger themes and set intentions for the coming week.

BE COMPASSIONATE WITH YOURSELF

5

Nursing is one of the most demanding professions in the world. If you miss a day — or a week — just pick back up. This journal does not judge you. Neither should you.

MOOD & ENERGY SCALE

1 ■ Overwhelmed / Burnout	2 ■ Struggling / Exhausted	3 ■ Getting By / Tired	4 ■ Good / Stable	5 ■ Excellent / Energized
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■ Visit www.bobcatmedicalstore.com for nurse fanny packs, stethoscope holders, and gear built for your shifts!

DAY 01

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

■■
1

■■
2

■■
3

■■
4

■■
5

ENERGY LEVEL

■■■1

■■■2

■■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

.

2

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3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 1 Affirmation: "You make a difference in someone's life every single shift."

DAY 02

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

■ ■
1

■ ■
2

■ ■
3

■ ■
4

■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1
.
2
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3
.

■ HOW AM I REALLY FEELING TODAY?

■ WIN OF THE DAY

■ CHALLENGE I FACED & HOW I HANDLED IT

■ MEANINGFUL PATIENT CONNECTION

■ INTENTION FOR TOMORROW

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ FREE WRITE / EXTRA NOTES

■ Day 2 Affirmation: "Your compassion and skill are a gift to every patient you serve."

DAY 03

DATE: _____	SHIFT: <input type="checkbox"/> Day <input type="checkbox"/> Night <input type="checkbox"/> Off	UNIT/FLOOR: _____	HOURS WORKED: _____
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TODAY'S MOOD	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	ENERGY LEVEL	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	1	2	3	4	5		1	2	3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

--

■ MEANINGFUL PATIENT CONNECTION

--

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

--

■ CHALLENGE I FACED & HOW I HANDLED IT

--

■ INTENTION FOR TOMORROW

--

■ FREE WRITE / EXTRA NOTES

--

■ Day 3 Affirmation: "Healing hands, steady heart — that's who you are."

DAY 04

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

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2

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3

■■
4

■■
5

ENERGY LEVEL

■■■1

■■■2

■■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

- 1 .
- 2 .
- 3 .

■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 4 Affirmation: "You chose this profession because you care deeply. That matters."

DAY 05

DATE: _____	SHIFT: ■ Day ■ Night ■ Off	UNIT/FLOOR: _____	HOURS WORKED: _____
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TODAY'S MOOD	■ ■ 1	■ ■ 2	■ ■ 3	■ ■ 4	■ ■ 5	ENERGY LEVEL	■ ■ 1	■ ■ 2	■ ■ 3
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■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

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■ MEANINGFUL PATIENT CONNECTION

--

■ SELF-CARE CHECKLIST

■ Drank enough water today
■ Ate a proper meal
■ Took scheduled breaks
■ Moved/stretched my body
■ Got 7+ hours of sleep last night
■ Connected with a loved one
■ Did something just for me
■ Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

--

■ CHALLENGE I FACED & HOW I HANDLED IT

--

■ INTENTION FOR TOMORROW

--

■ FREE WRITE / EXTRA NOTES

--

■ Day 5 Affirmation: "Even on hard days, your presence brings comfort and hope."

DAY 06

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

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2

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3

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4

■■
5

ENERGY LEVEL

■■■1

■■■2

■■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

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2

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3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 6 Affirmation: "You are more resilient than you know."

DAY 07

DATE: _____ SHIFT: Day Night Off UNIT/FLOOR: _____ HOURS WORKED: _____

TODAY'S MOOD 1 2 3 4 5 ENERGY LEVEL 1 2 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 7 Affirmation: "Rest is not weakness — it's how you keep giving your best."

WEEK 1 REFLECTION

Days 1–7 • Nurse Self-Care & Wellness Journal

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DATE RANGE: _____ to _____

DAYS WORKED THIS WEEK: _____

TOTAL HOURS: _____

■ MOOD & ENERGY OVERVIEW — Week at a Glance

	MON	TUE	WED	THU	FRI	SAT	SUN
Mood (1–5)							
Energy (1–5)							
Self-care ■							
Hours slept							

■ BIGGEST WIN THIS WEEK

■ MOST CHALLENGING MOMENT

■ SOMETHING I LEARNED THIS WEEK

■ HOW WELL DID I CARE FOR MYSELF?

■ WHAT WOULD I DO DIFFERENTLY?

■ INTENTION FOR NEXT WEEK

DAY 08

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

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2

■ ■
3

■ ■
4

■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

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2

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3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 8 Affirmation: "Every patient you care for is lucky to have you."

DAY 09

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

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2

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3

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4

■■
5

ENERGY LEVEL

■■■1

■■■2

■■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

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2

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3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 9 Affirmation: "You carry wisdom that only experience can teach."

DAY 10

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

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2

■ ■
3

■ ■
4

■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

- 1 .
- 2 .
- 3 .

■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 10 Affirmation: "Your mental health is as important as your patients'. Guard it."

DAY 11

DATE: _____ SHIFT: Day Night Off UNIT/FLOOR: _____ HOURS WORKED: _____

TODAY'S MOOD 1 2 3 4 5 ENERGY LEVEL 1 2 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 11 Affirmation: "You are seen, valued, and appreciated — even when it's not said."

DAY 12

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

- 1 .
- 2 .
- 3 .

■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 12 Affirmation: "Difficult shifts build the strongest nurses."

DAY 13

DATE: _____	SHIFT: ■ Day ■ Night ■ Off	UNIT/FLOOR: _____	HOURS WORKED: _____
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TODAY'S MOOD	■ ■ 1	■ ■ 2	■ ■ 3	■ ■ 4	■ ■ 5	ENERGY LEVEL	■ ■ 1	■ ■ 2	■ ■ 3
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■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

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■ MEANINGFUL PATIENT CONNECTION

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■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

--

■ CHALLENGE I FACED & HOW I HANDLED IT

--

■ INTENTION FOR TOMORROW

--

■ FREE WRITE / EXTRA NOTES

--

■ Day 13 Affirmation: "You went home, and your patients felt safer because of you."

DAY 14

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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3

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4

■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

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2

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3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 14 Affirmation: "Progress over perfection — every day."

WEEK 2 REFLECTION

Days 8–14 • Nurse Self-Care & Wellness Journal

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DATE RANGE: _____ to _____

DAYS WORKED THIS WEEK: _____

TOTAL HOURS: _____

■ MOOD & ENERGY OVERVIEW — Week at a Glance

	MON	TUE	WED	THU	FRI	SAT	SUN
Mood (1–5)							
Energy (1–5)							
Self-care ■							
Hours slept							

■ BIGGEST WIN THIS WEEK

■ MOST CHALLENGING MOMENT

■ SOMETHING I LEARNED THIS WEEK

■ HOW WELL DID I CARE FOR MYSELF?

■ WHAT WOULD I DO DIFFERENTLY?

■ INTENTION FOR NEXT WEEK

DAY 15

DATE: _____	SHIFT: ■ Day ■ Night ■ Off	UNIT/FLOOR: _____	HOURS WORKED: _____
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TODAY'S MOOD	■ ■ 1	■ ■ 2	■ ■ 3	■ ■ 4	■ ■ 5	ENERGY LEVEL	■ ■ 1	■ ■ 2	■ ■ 3
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■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

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■ MEANINGFUL PATIENT CONNECTION

--

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

--

■ CHALLENGE I FACED & HOW I HANDLED IT

--

■ INTENTION FOR TOMORROW

--

■ FREE WRITE / EXTRA NOTES

--

■ Day 15 Affirmation: "You are not just a nurse. You are a lifeline."

DAY 16

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

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3

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4

■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1
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2
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3
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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 16 Affirmation: "Celebrate small wins. They add up to extraordinary care."

DAY 17

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

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2

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3

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4

■■
5

ENERGY LEVEL

■■■1

■■■2

■■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1
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2
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3
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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 17 Affirmation: "You deserve the same compassion you give to others."

DAY 18

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

■ ■
2

■ ■
3

■ ■
4

■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

- 1 .
- 2 .
- 3 .

■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 18 Affirmation: "It's okay to ask for help. That's wisdom, not weakness."

DAY 19

DATE: _____	SHIFT: ■ Day ■ Night ■ Off	UNIT/FLOOR: _____	HOURS WORKED: _____
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TODAY'S MOOD	■ ■ 1	■ ■ 2	■ ■ 3	■ ■ 4	■ ■ 5	ENERGY LEVEL	■ ■ 1	■ ■ 2	■ ■ 3
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■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

--

■ MEANINGFUL PATIENT CONNECTION

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■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

--

■ CHALLENGE I FACED & HOW I HANDLED IT

--

■ INTENTION FOR TOMORROW

--

■ FREE WRITE / EXTRA NOTES

--

■ Day 19 Affirmation: "Thank you for showing up — body, mind, and heart."

DAY 20

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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1

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2

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3

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4

■■
5

ENERGY LEVEL

■■■1

■■■2

■■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1
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2
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3
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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 20 Affirmation: "The patients who can't say thank you — they feel it anyway."

DAY 21

DATE: _____	SHIFT: ■ Day ■ Night ■ Off	UNIT/FLOOR: _____	HOURS WORKED: _____
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TODAY'S MOOD	■ ■ 1	■ ■ 2	■ ■ 3	■ ■ 4	■ ■ 5	ENERGY LEVEL	■ ■ 1	■ ■ 2	■ ■ 3
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■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

--

■ MEANINGFUL PATIENT CONNECTION

--

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

--

■ CHALLENGE I FACED & HOW I HANDLED IT

--

■ INTENTION FOR TOMORROW

--

■ FREE WRITE / EXTRA NOTES

--

■ Day 21 Affirmation: "Burnout is real. Rest, recharge, and return stronger."

WEEK 3 REFLECTION

Days 15–21 • Nurse Self-Care & Wellness Journal

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DATE RANGE: _____ to _____

DAYS WORKED THIS WEEK: _____

TOTAL HOURS: _____

■ MOOD & ENERGY OVERVIEW — Week at a Glance

	MON	TUE	WED	THU	FRI	SAT	SUN
Mood (1–5)							
Energy (1–5)							
Self-care ■							
Hours slept							

■ BIGGEST WIN THIS WEEK

■ MOST CHALLENGING MOMENT

■ SOMETHING I LEARNED THIS WEEK

■ HOW WELL DID I CARE FOR MYSELF?

■ WHAT WOULD I DO DIFFERENTLY?

■ INTENTION FOR NEXT WEEK

DAY 22

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

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■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

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2

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3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 22 Affirmation: "You chose the harder, more meaningful path. Be proud."

DAY 23

DATE: _____	SHIFT: ■ Day ■ Night ■ Off	UNIT/FLOOR: _____	HOURS WORKED: _____
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TODAY'S MOOD	■ ■ 1	■ ■ 2	■ ■ 3	■ ■ 4	■ ■ 5	ENERGY LEVEL	■ ■ 1	■ ■ 2	■ ■ 3
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■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

--

■ MEANINGFUL PATIENT CONNECTION

--

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

--

■ CHALLENGE I FACED & HOW I HANDLED IT

--

■ INTENTION FOR TOMORROW

--

■ FREE WRITE / EXTRA NOTES

--

■ Day 23 Affirmation: "One good interaction can change a patient's entire day."

DAY 24

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

■■
1

■■
2

■■
3

■■
4

■■
5

ENERGY LEVEL

■■■1

■■■2

■■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1
.
2
.
3
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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 24 Affirmation: "Your kindness ripples further than you know."

DAY 25

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

■ ■
1

■ ■
2

■ ■
3

■ ■
4

■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

.

2

.

3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 25 Affirmation: "Self-care is not selfish. It's how you sustain your calling."

DAY 26

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

■ ■
1

■ ■
2

■ ■
3

■ ■
4

■ ■
5

ENERGY LEVEL

■ ■ 1

■ ■ 2

■ ■ 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1
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2
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3
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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 26 Affirmation: "You are enough — just as you are, right now."

DAY 27

DATE: _____	SHIFT: ■ Day ■ Night ■ Off	UNIT/FLOOR: _____	HOURS WORKED: _____
-------------	----------------------------	-------------------	---------------------

TODAY'S MOOD	■ ■ 1	■ ■ 2	■ ■ 3	■ ■ 4	■ ■ 5	ENERGY LEVEL	■ ■ 1	■ ■ 2	■ ■ 3
--------------	----------	----------	----------	----------	----------	--------------	-------	-------	-------

■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

--

■ MEANINGFUL PATIENT CONNECTION

--

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

--

■ CHALLENGE I FACED & HOW I HANDLED IT

--

■ INTENTION FOR TOMORROW

--

■ FREE WRITE / EXTRA NOTES

--

■ Day 27 Affirmation: "Every shift ends. Every challenge passes. You remain."

DAY 28

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

■■
1

■■
2

■■
3

■■
4

■■
5

ENERGY LEVEL

■■■1

■■■2

■■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

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2

.

3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 28 Affirmation: "Your story matters. Your voice in healthcare matters."

WEEK 4 REFLECTION

Days 22–28 • Nurse Self-Care & Wellness Journal

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DATE RANGE: _____ to _____

DAYS WORKED THIS WEEK: _____

TOTAL HOURS: _____

■ MOOD & ENERGY OVERVIEW — Week at a Glance

	MON	TUE	WED	THU	FRI	SAT	SUN
Mood (1–5)							
Energy (1–5)							
Self-care ■							
Hours slept							

■ BIGGEST WIN THIS WEEK

■ MOST CHALLENGING MOMENT

■ SOMETHING I LEARNED THIS WEEK

■ HOW WELL DID I CARE FOR MYSELF?

■ WHAT WOULD I DO DIFFERENTLY?

■ INTENTION FOR NEXT WEEK

DAY 29

DATE: _____ SHIFT: Day Night Off UNIT/FLOOR: _____ HOURS WORKED: _____

TODAY'S MOOD 1 2 3 4 5 ENERGY LEVEL 1 2 3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1	
2	
3	

■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 29 Affirmation: "Nursing is not just what you do — it's who you are."

DAY 30

DATE: _____

SHIFT: ■ Day ■ Night ■ Off

UNIT/FLOOR: _____

HOURS WORKED: _____

TODAY'S MOOD

■■
1

■■
2

■■
3

■■
4

■■
5

ENERGY LEVEL

■■1

■■2

■■3

■ THREE THINGS I'M GRATEFUL FOR TODAY

1

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2

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3

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■ WIN OF THE DAY

■ MEANINGFUL PATIENT CONNECTION

■ SELF-CARE CHECKLIST

- Drank enough water today
- Ate a proper meal
- Took scheduled breaks
- Moved/stretched my body
- Got 7+ hours of sleep last night
- Connected with a loved one
- Did something just for me
- Set boundaries today

■ HOW AM I REALLY FEELING TODAY?

■ CHALLENGE I FACED & HOW I HANDLED IT

■ INTENTION FOR TOMORROW

■ FREE WRITE / EXTRA NOTES

■ Day 30 Affirmation: "30 days done. You showed up. You are extraordinary. ■"

30-DAY MONTHLY SUMMARY

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■ 30-DAY STATS & PATTERNS

- Total shifts worked: _____
- Average mood score (1–5): _____
- Average energy score (1–5): _____
- Days I practiced self-care: _____ / 30
- Days I used gratitude practice: _____ / 30
- Average sleep hours/night: _____
- Times I asked for help: _____
- Most challenging unit/assignment: _____
- Most rewarding type of shift: _____
- Number of meaningful patient connections: _____

■ BIG REFLECTIONS

■ My greatest achievement this month:

■ How I grew as a nurse:

■ How I grew as a person:

■ MY INTENTIONS FOR THE NEXT 30 DAYS

■ "You made it through 30 days of showing up — for your patients, your colleagues, and most importantly, yourself. That is extraordinary. Nursing is not just a job — it is a calling, and you answer it with courage every single day. Keep going. Keep caring. And keep taking care of YOU." — Bobcat Medical™

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