

Printable for *The Healing Journal: A Caregiver's Path to Self-Care*

Now it's your turn to share the things that you need to let go of, learn and do.

THINGS TO LET GO:

THINGS TO LEARN:

THINGS I CAN DO:

The image shows three vertical columns designed for journaling. Each column has a decorative, torn-edge bottom. The first column is light orange and labeled 'THINGS TO LET GO:'. The second column is light red and labeled 'THINGS TO LEARN:'. The third column is light purple and labeled 'THINGS I CAN DO:'. Each column has a small, rectangular, textured tab at the top center, suggesting it can be folded or attached to a notebook.

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