

TSC Skin Journaling prompts to help you get started:

## AM check-in

How do I feel about my skin?			
How long have I been feeling this way:	?		

 $Do\ I\ chronically\ feel\ this\ way?$ 

What am I doing about these feelings?
vv nai am 1 aoing aooni inese feeiings:
Midday check-in
How is my skin feeling now?
Have I have doing my host to food myself with mounishment throughout the day?
Have I been doing my best to feed myself with nourishment throughout the day?

Im I taking time for myself			
$m\ I\ overwhelmed ?$			
m I feeling lazy?			
•			

What can I do to support myself better?	
That can't do to support higself oction.	
PM check-in	
How is my skin feeling now?	
,	
Am I too tired to care?	

m I rushing my self-care?	
mi 1 rushing mg seq-cures	
Am I allowing myself to decompress?	
Am I treating my skin with intentions based on love or fear?	
In I treating my sain with intentions based on tobe of fear?	