



Therapeutic Skin Coach

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?

Midday check-in

How is my skin feeling now?

Have I been doing my best to feed myself with nourishment throughout the day?

Am I taking time for myself?

Am I overwhelmed?

Am I feeling lazy?

What can I do to support myself better?

PM check-in

How is my skin feeling now?

Am I too tired to care?

Am I rushing my self-care?

Am I allowing myself to decompress?

Am I treating my skin with intentions based on love or fear?
