

Daily Self-Care Log for Autism Moms


Because you matter too.

Created by: www.autismparentingblog.com

Section 1: Date & Mood Check-In

Date: _____

How are you feeling today? (Circle all that apply)

 Happy

 Neutral

 Tired

 Overwhelmed

 Hopeful

 Empowered

1–10 Stress Level: _____

3 Words to Describe Today: _____

Section 2: Physical Care

Slept at least 6–8 hours

Ate 3 healthy meals

Took vitamins/medications

Drank enough water (Goal: 6–8 cups)

Did some light movement (e.g. walk, stretch, dance)

Notes: _____

Section 3: Emotional & Mental Health

Spent 10+ minutes in quiet/prayer/meditation

Practiced deep breathing or grounding

Talked to someone supportive

Wrote in journal or expressed feelings

Asked for help when needed

Today I'm grateful for: _____

Section 4: Spiritual Check-In (Optional)

Prayed

Read a scripture or devotional

Listened to gospel or uplifting music

Confessed or affirmed positive truth

Verse or Word for Today: _____

Section 5: Wins & Intentions

One win from today: _____

One thing I want to improve tomorrow: _____

Encouragement to myself: _____

You can't pour from an empty cup. Refilling yourself is not selfish—it's necessary.

Visit www.autismparentingblog.com for more support tools, printables, and encouragement.