

MUSICAL SELF-CARE JOURNAL

Musical Walkabout's method for building healthy habits is keep things easy, fun and rewarding.

Easy ~ choose a 60 second music action if you feel short on time...

Fun ~ share a song with a Music Buddy and play it next time you see them!

Rewarding ~ use this journal to chart how you feel before, during and after using music to support your self care...

Acknowledging benefits and progress are more ways to make actions sustainable!

MONDAY

Musical goal...

WEDNESDAY

Try a new tune...

FRIDAY

Freestyle!

WEEKEND

Musical fun with family and friends!

How did you feel before?

How did you feel during?

How did you feel after?