

My *Renewal* Diary

DATE: _____

A supportive space for reflection and self-care during my journey to renewal.

REMEMBER:

*Hair regrowth is a journey.
Celebrate every small step
and be gentle with yourself.*

HOW AM I FEELING TODAY?

*Circle the face that best matches
your mood today:*



TODAY, I FELT GRATEFUL FOR:

(Write at least one thing, big or small)

ONE THING THAT MADE ME FEEL
CONFIDENT OR GOOD ABOUT
MYSELF TODAY WAS:

I NURTURED MYSELF TODAY BY:

*(It could be a small act of self-care, a
healthy meal, a walk, or simply resting)*

A SMALL WIN FOR MY HAIR OR ROUTINE WAS:

(Even tiny progress counts! Less shedding, washing your hair successfully, completing a scalp cooling session...)

MY POSITIVE AFFIRMATION FOR TOMORROW IS:

