

Caregiver Journaling Guide

A gentle, faith-centered journaling companion for caregivers walking through challenging seasons.

How to Use This Guide

This guide is designed for caregivers who need a quiet space to reflect, release emotions, and draw strength from faith. There are no rules—use one prompt a day or write freely as time allows. Even a few minutes can bring clarity and comfort.

Daily Emotional Check-In

- How am I feeling today—physically, emotionally, and mentally?
- What was the hardest moment today?
- What helped me get through the day?
- What do I need most right now?

Gratitude & Small Wins

- One small moment of peace or joy I noticed today.
- Something I am thankful for, even on a hard day.
- A strength I saw in myself today.

Memory Keeping

Caregiving moments—both tender and difficult—matter. Writing them down preserves connection and meaning.

- A meaningful interaction with my loved one today.
- Something my loved one said or did that I want to remember.
- A memory from the past that brought comfort today.

Spiritual Reflection & Prayer

For many caregivers, faith becomes a lifeline. Use this space to write prayers, reflect on scripture, or record moments where you felt God's presence and strength.

- Where did I feel God's comfort or strength today?
- What am I placing in God's hands right now?
- A prayer I want to write instead of speak.
- What gives me hope today?

Scripture for Encouragement

"I trust in God's faithful love forever and ever. I will put my hope in Your name, for it is good."
— Psalm 52:8

"You will keep perfectly peaceful the one whose mind remains steadfast, because they trust in You." — Isaiah 26:3

Caregiver Self-Care Reflection

- One way I cared for myself today (no matter how small).
- Something my body is asking for right now.
- What rest might look like for me this week.

May this journal be a place of honesty, healing, and hope. You are not alone in this journey.