

The Caregiver Journal

30 Days

For adult children and family caregivers
navigating a loved one's health journey.

This is meant to lighten the load — never add to it.

This journal belongs to

Started on

C

How to use this journal

Each day has five short sections. On hard days, just do the check-in and the small win — skip the rest. This is meant to lighten the load, never add to it.

Check-In	One word or a quick 1-5 scale for how today felt.
Today I Carried	The specific weight of the day — medical, emotional, or logistical.
Permission Slip	A short line of honest permission — guilt and grief released on paper.
Small Win	One thing, however small, that went right.
Weekly Reflection	Appears every 7th day only. A gentler, longer look back.

A note before you begin

You are allowed to skip pages. You are allowed to be tired. You are allowed to not know what to write. Showing up — even for one line — counts.

DATE _____

CHECK-IN

One word for today: _____

How today felt: 1 2 3 4 5

hard

steady

TODAY I CARRIED — *medical · emotional · logistical*

PERMISSION SLIP

Today, I give myself permission to...

SMALL WIN *one thing, however small*

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- What did I do that no one else saw?

- Where did I feel most alone? Where did I feel held?

- What am I quietly grieving?

- What is one thing I want to ask for help with next week?

You showed up seven days in a row. That matters more than you know.

— Cura Well Plan

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Thirty days.

You kept going.

Whatever these thirty days held, you carried them. That's not nothing.

If it helped, keep going — start another month, or hand this to a friend walking a similar road. If it didn't, that's okay too. You still showed up.

When you're ready for the next hard question — what to ask a doctor, how to read a report, what to say to someone you love — we're here.

curawellplan.com

Free, private, and built for families.

