

Gayle | Skin Wellness Mentor

Rosacea Connection Tracker

This tracker helps you explore the connections between your rosacea, emotions,
stress, and overall wellbeing.

It gives you the right questions to uncover your unique patterns and understand
what your skin is really trying to tell you.

Guidance for Use

Use the 1-5 scales for quick daily check-ins, then dive deeper with the reflection prompts when you have time. There's no perfect way to do this, trust your instincts and track what feels meaningful to you.

This isn't about perfection it's about connection and self-compassion as you navigate your skin healing journey.

Use this tracker however feels right for you either writing directly on it, in a notebook, using a notes app on your phone, or simply reflect on the questions quietly.

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Daily Rosacea Connection Tracker

Date: _____



PHYSICAL CHECK-IN

Skin symptoms today (1-5): _____ Energy level (1-5): _____ Sleep quality last night (1-5): _____



EMOTIONAL LANDSCAPE

Stress level (1-5): _____

Primary emotion today: Happy / Stressed / Anxious / Calm / Frustrated / Tired /

Other: _____

How supported did I feel today? (1-5): _____



ENVIRONMENTAL NOTES

Weather: Sunny / Cloudy / Rainy / Windy / Hot / Cold / Humid / Other: _____

Products used: Skincare / Makeup / New product / None / Other: _____

Social situations: Quiet day / Social gathering / Work meeting / Family time / Alone time /

Stressful interaction / Other: _____

Reflection Prompts

How am I feeling about my skin journey today? Hopeful / Frustrated / Calm / Overwhelmed /

Curious / Accepting / Impatient / Other: _____

What colour feels supportive to me today? _____

What could my skin be trying to tell me today?

TODAY'S WIN (however small): _____

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Weekly Reflection

Take a few minutes each week to look back at your patterns - skin, emotions, and life, whatever feels most relevant to you.

What connections am I noticing between my skin and my emotions this week?

Where/how did I feel most supported and calm?

What felt overwhelming or challenging?

What is one small thing I might like to try differently next week?

✧ Gentle Reminder ✧

Your healing journey is unique to you. Be patient and kind with yourself as you discover your patterns.

Would you like more support?

Get instant access to my Rosacea Support Essentials which contains **3 essential resources** for navigating both the physical and emotional aspects of rosacea.

*This is the **natural next step** to support you on this journey.*

Yes, I'm Ready for Access