

SELF-CARE

The Routine Edit

Hair, skin, and everyday care.

WORKBOOK / FIRST EDITION

Read it. Use it. Make it yours.

BEFORE YOU BEGIN

Make this yours.

Keep your hair, skin, and product notes together. Use the dated records to notice practical patterns, simplify your routine, and prepare better questions for appointments.

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A NOTE ON THIS EDITION

An original Ownable resource for personal use. Work through the examples, then use the worksheets to make a plan that fits your life.

Record first, change second

This journal helps you keep track of the routines and products you already use. It does not diagnose skin or scalp conditions. Record what is happening, make one manageable change at a time, and keep questions for a professional in one place.

Use a simple observation

Write what you can describe: when you washed your hair, which product you used, what felt comfortable, and what did not. Avoid turning one good or bad day into a conclusion about a product.

A VAGUE NOTE	A MORE USEFUL NOTE
"It did not work."	"Used after washing on Monday; felt heavy by evening."
"My skin is bad."	"Dry around the cheeks after this morning's routine."
"I need everything new."	"I want to simplify the step that takes longest."

The question I want this journal to help me answer