

# SELF CARE September

Print and cut out the card below to track your Self Care September progress!

## SELF CARE September

**THE GOAL:**  
Complete two self-care items from each category this month!

<b>ACTIVITY</b> Take a walk, go to the gym, or play outside with your kids!	<i>First one complete!</i> <input type="checkbox"/>	<i>One self-care category down!</i> <input type="checkbox"/>
<b>CREATIVITY</b> Doodle, paint, or practice a new skill!	<i>First one complete!</i> <input type="checkbox"/>	<i>One self-care category down!</i> <input type="checkbox"/>
<b>NUTRITION</b> Meal plan, drink plenty of water in a day, or fuel your body.	<i>First one complete!</i> <input type="checkbox"/>	<i>One self-care category down!</i> <input type="checkbox"/>
<b>REST</b> Take a nap, or spend quiet time on the porch.	<i>First one complete!</i> <input type="checkbox"/>	<i>One self-care category down!</i> <input type="checkbox"/>
<b>REFLECTION</b> Meditate, journal, or call your best friend.	<i>First one complete!</i> <input type="checkbox"/>	<i>One self-care category down!</i> <input type="checkbox"/>
<b>PAMPERING</b> Go to the spa, put on a face mask, or take a bubble bath	<i>First one complete!</i> <input type="checkbox"/>	<i>One self-care category down!</i> <input type="checkbox"/>

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**#SELFCARESEPTEMBER**



AMBER HOUSLEY

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