



Self Care Planner

Plan 3 things you can do each day to practice self-care. Feel free to add additional items outside of the listed options. Try to create a routine with at least one option per day.

WEEKLY INTENTIONS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SELF CARE OPTIONS

- Eat something nourishing
- Go to bed early
- Pray
- Unfollow/mute a social media account
- Say no
- List 3 things you're grateful for
- Meditate
- Do a simple breath work exercise
- Take a short walk
- Journal
- Ask for help if you need it
- Do something creative - color,
- Work out
- Laugh
- Hug someone
- Get 10 minutes of sun
- Connect with a friend or loved one
- Watch the sunset or sunrise
- Create an inspiring playlist
- Drink water
- Dance
- Review your finances
- Be honest about your feelings

WEEKLY REFLECTION
