

WEEKLY SELF-CARE PLANNER

Make a little time for you

Week of: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SELF-CARE IDEAS

- ☐ Take a walk outside
- ☐ Read a few pages
- ☐ Call a friend
- ☐ Stretch for 10 minutes
- ☐ Take a warm bath

DAILY SELF-CARE CHECK-IN

How are you, really?

Date: _____

HOW I FEEL TODAY (circle one)

Happy

Calm

Tired

Stressed

Grateful

Excited

WATER



SLEEP & MOVEMENT

Hours of sleep: _____

Minutes moving: _____

TODAY I'M GRATEFUL FOR

1. _____

2. _____

3. _____

ONE KIND THING I DID FOR ME

NOTES & THOUGHTS

