

# SELF-CARE

## PLANNER

"IN THE MIDST OF CHAOS FIND TIME TO TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE. YOU CAN'T POUR FROM AN EMPTY CUP." FILL OUT THE BOXES BELOW DURING THE WEEK TO GIVE YOURSELF TIME TO REFLECT.

I'M GRATEFUL FOR

01 ...

02 ...

03 ...

MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS  
OR  
GOALS

Drink a glass of water in the morning  
Exercise or move your body  
Focus on healthy, nourishing meals  
Practice gratitude  
Plan out your week in advance  
Spend time with a loved one

Take regular breaks  
Go for a long walk  
Read for pleasure  
Take a long bath or shower  
Listen to your favorite music  
No screen time before bed  
Go to sleep before 10pm

PICK FROM ABOVE OR MAKE YOUR OWN

01

02

03

04

05

S M T W T F S

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