

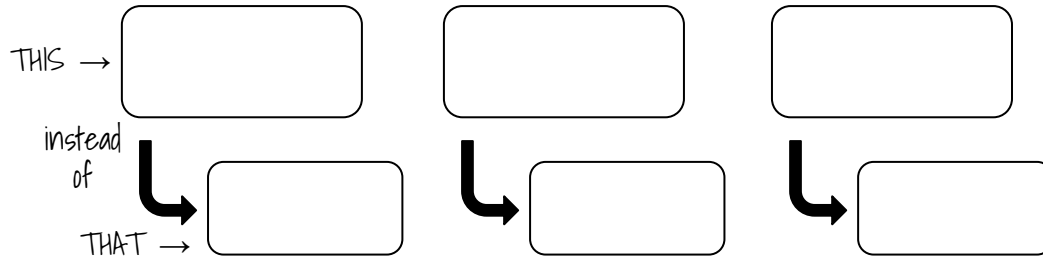
SELF-CARE PLAN

5 categories: physical mental emotional social spiritual
 Make sure to hit all 5 this week!

4 check-ins: schedule at least 4 times to check in with yourself
 (5-10 minutes)
 Set reminders on your phone!

- CHECK-IN IDEAS
- meditation
 - journaling
 - yoga/stretches
 - body scan

3 swap-outs: choose 3 ways to sneak self-care into your schedule



2 goals: write down 2 self-care goals for the week

What do you want to accomplish for YOU?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning							
afternoon							
evening							

1 hour: set aside an hour for "me time"

Give yourself ideas to choose from later:

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