

Self-Care Routine *Planner*

Self-care is a vital part of any healthy lifestyle. Having a plan or routine in place to help remind us to take care of ourselves is important. Use this planner to help guide your self-care routines and as an anchor to come back to when your self-care is lacking.

Self-Care is: Loving and enjoyable
Nourishing and beneficial to the self
A necessity, not a privilege; required for self-preservation

Self-Care Planning Basics

Ask yourself what makes you feel:

HAPPY

WHOLE

BALANCED

ENERGIZED

YOUR BEST

RESET

DRAINED

INSPIRED

HOW CAN I MAKE THE MOST OUT OF MY DAYS/WEEKS/MONTHS?

WHAT THOUGHTS AND HABITS ARE HOLDING ME BACK?

IMPORTANT TIPS AND REMINDERS:

Be mindful during your practices. Staying mindful and present.

Don't neglect the necessities. Diet, sleep, physical activity, hydration

Yearly Self-Care Routine

Often times our yearly rituals come in the form of setting intentions for the New Year. Whatever yearly ritual you set for yourself, know that it's important and it plays a role in the overall year-long health.

MANTRA/THEME:
What is your main focus for the year?

SCHEDULED CARE

RESOLUTIONS / GOALS

Monthly Self-Care Routine

Assess where you are at and where you want to be. What parts of your life are imbalanced? What can you do to better balance them?

APPOINTMENTS, CLASSES, BOOKS, PODCASTS, ETC.

Daily Self-Care Routine

Ask yourself when you can fit in time for yourself during the day and plan for self-care. Practicing self-care daily helps set the tone for the day and helps you stick to your weekly intentions. Small things like flossing and brushing your teeth count as self-care and should be planned for.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Goals

AN IDEAL MORNING:

AN IDEAL AFTERNOON:

AN IDEAL EVENING:
