

MY SELF CARE PLAN FOR THE DAY

My Name:

Today is:

Self care Activity:

Time Span:

LET'S MAKE THIS MINDFUL. BE PRESENT!

Pick an activity for the day. Note how many minutes you will devote to it in the above section. Keep yourself accountable. Rinse and Repeat daily!

Take a Nap

Start a New hobby

Read favorite book

Relaxing bath

Catch up with a friend

Go for a walk

Salon/pamper-nails/hair

Enjoy a treat

Yoga/Meditation

Gym/Workout

Gratitude Journal

Watch a favorite show