

*Self
Care*

Ideas and Planning Guide





Please

MORNING



- Plan out your morning routine
- Make your bed
- Wash your face, use a moisturizer on your skin
- Listen to a guided minute meditation.
- Stretch your body however feels good
- Write a to-do list (with action steps)
- Jam out to your favorite song
- Drink a glass of water
- Set a timer, and speed clean your surrounding area
- Focus on your breath, be present
- Journal or brain dump on a piece of paper
- Pour yourself a warm drink of your choice
- Take a cold shower
- Go for a walk or jog
- Sit in silence/lay in silence
- Don't look at your phone for the first hour
- Call a friend who you haven't spoken to in a while
- Make yourself your favorite breakfast
- Put on your favorite outfit (or one that makes you feel good)





Ideas

EVENING



- Make yourself some tea
- Light a candle
- Read a book
- Have a dance party by yourself
- Write a to-do list for the next day
- Take a hot shower
- Watch an inspiring, funny, or educational youtube video
- Get to sleep early
- Stay away from screens an hour before bedtime
- Wash your face, find a skin care routine that works for you
- Take a warm bath
- Write a gratitude list
- Unfollow social media accounts that no longer serve you
- .Have a good cry
- Make yourself an emergency self-care box
- Print out your favorite photographs to decorate your space
- Write out a goals list
- Do something for your future self
- Do something kind for someone else
- Move your body however it feels good



Create Your Own Day at Home

Day of the Week: *Monday*

Morning Self Care

- Make Bed*
- Drink Water*
- Stretch*
- Journal*
- Meditate*

Evening Care

- Have a Dance Party*
- Take a hot Shower*
- Light a Candle*
- Read a Chapter*
- Put the phone down*

Today's To-Do List

- Check Email*
- Prep for Meeting*
- Work out*
- Call Mark*
- Do laundry*
- Meal Prep*
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What Feels Most Difficult

getting ready for the meeting

Today's Affirmation

I am capable!!



Create Your Own Day at Home

Day of the Week: _____



Morning Self Care

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Evening Care

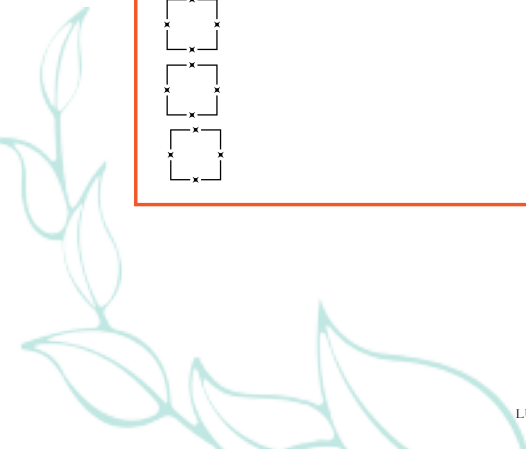
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Today's To-Do List

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What Feels Most Difficult

Today's Affirmation





Create Your Own Day at Home

Day of the Week: _____



Morning Self Care

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Evening Care

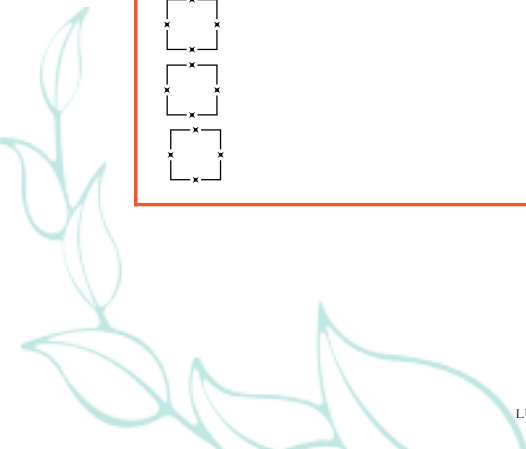
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Today's To-Do List

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What Feels Most Difficult

Today's Affirmation





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Day of the Week: _____



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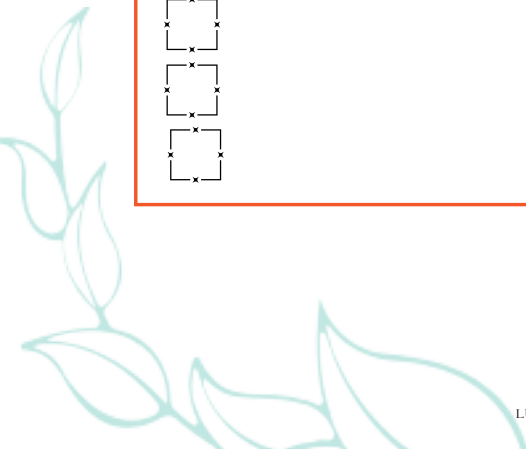
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Today's To-Do List

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What Feels Most Difficult

Today's Affirmation





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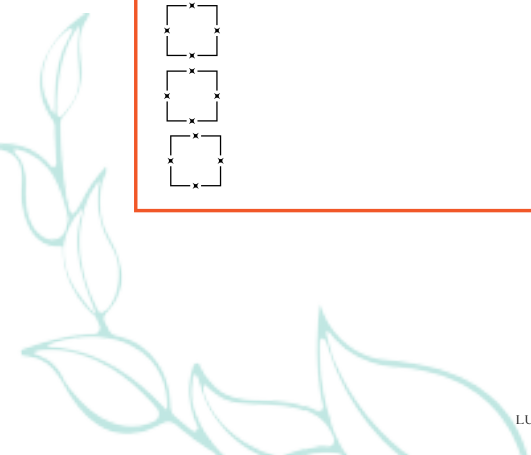
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Today's To-Do List

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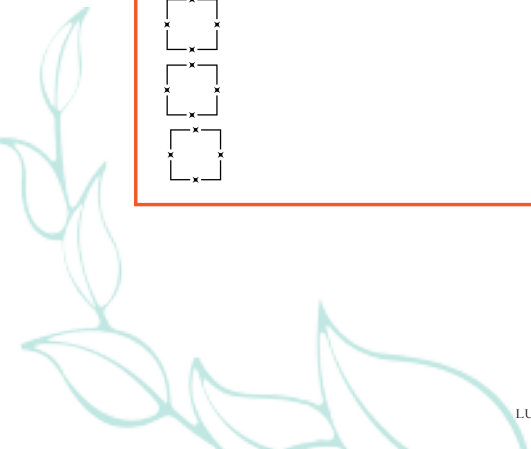
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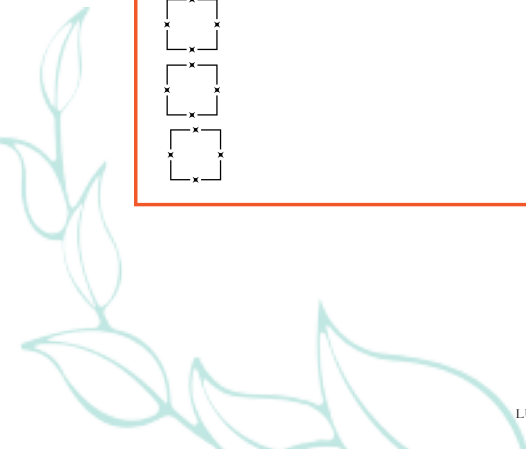
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Today's To-Do List

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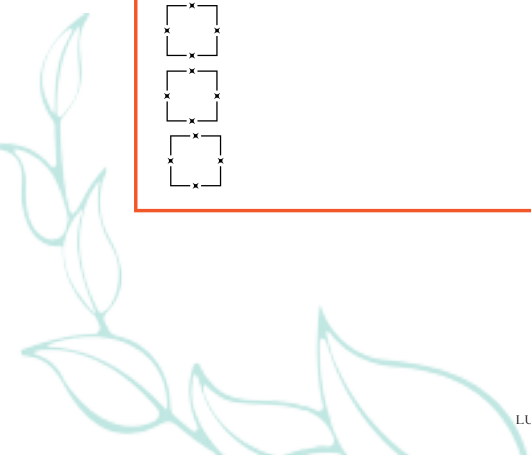
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Today's To-Do List

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