

Weekly Self-Care Planner

Use this worksheet to create a checklist of self care activities that are unique to you. Pre-choose which days you will do each activity by putting a line through the box. When you complete the activity on that day, fill the box completely in.

Remember the true purpose of a self care routine is to integrate small activities into your day. You don't need to do every activity every single day.

My Self-Care Activities:	M	T	W	T	F	S	S

Self-Care Tips:

- Start with just a few self-care practices and add more as you become more comfortable with the process.
- Review your checklist at the end of each week and reflect on your progress, and adapt your self-care routine as needed based on your needs.
- Be specific and measurable when setting goals for each self-care practice, such as exercising for 30 minutes or meditating for 10 minutes.
- Use other activities from *The Self Care Library* to help you build your checklist.