



# Self Care Budgeting Planner

A step-by-step through identifying your needs, reviewing your current habits, and exploring realistic alternatives to build a budgeting plan that works for you

*Self Caring Co.*

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There is a false belief that self-care costs money. The reality is, self-care should be accessible to everyone.

Luxury is defined as an expensive or difficult-to-obtain pleasure. Self-care is neither. It is a fundamental need.

Simple self-care activities, such as alone time, eating well, or taking a walk, should not be considered luxuries. These are essential aspects of daily well-being.

## **CHOOSING SELF-CARE THAT WORKS FOR YOU**

Your self-care choices should align with your personal needs and values. Spending money is not required, but if you choose to do so, it should be in ways that support your well-being.

### **EXAMPLES:**

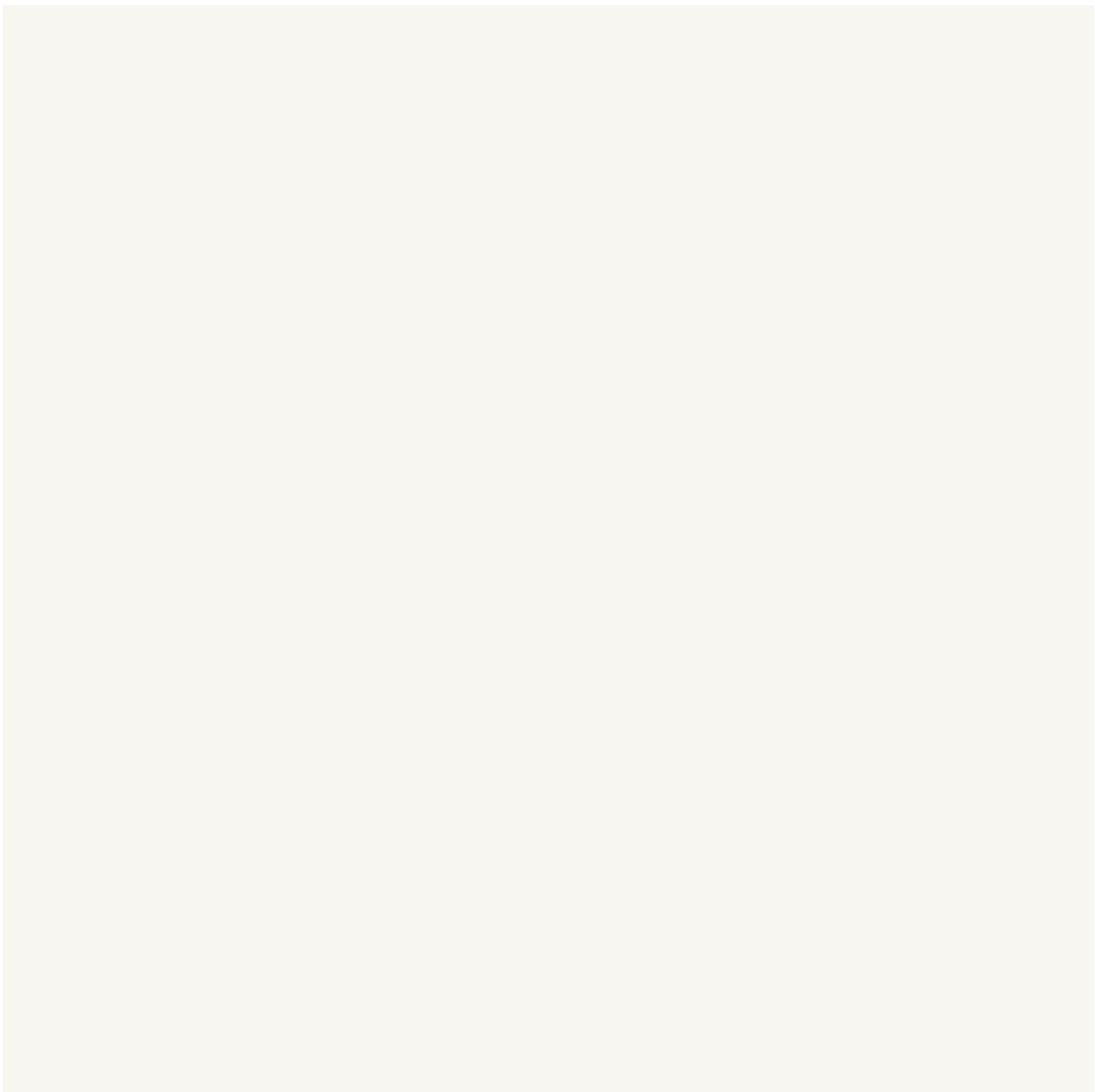
- You experience muscle pain and choose between:
  - Paying for a professional massage.
  - Taking a warm bath with Epsom salt at home.
- Cooking feels mentally exhausting, and you choose between:
  - Ordering a meal plan service.
  - Arranging a dinner swap with a friend once a week.

Both options achieve the same self-care goal. However, one involves spending money, and the other does not. The choice on whether or not to do so is personal and situational.

Self-care should never feel like an obligation or financial burden. Whether you spend money or not, self-care is about meeting your needs in a way that feels right for you.

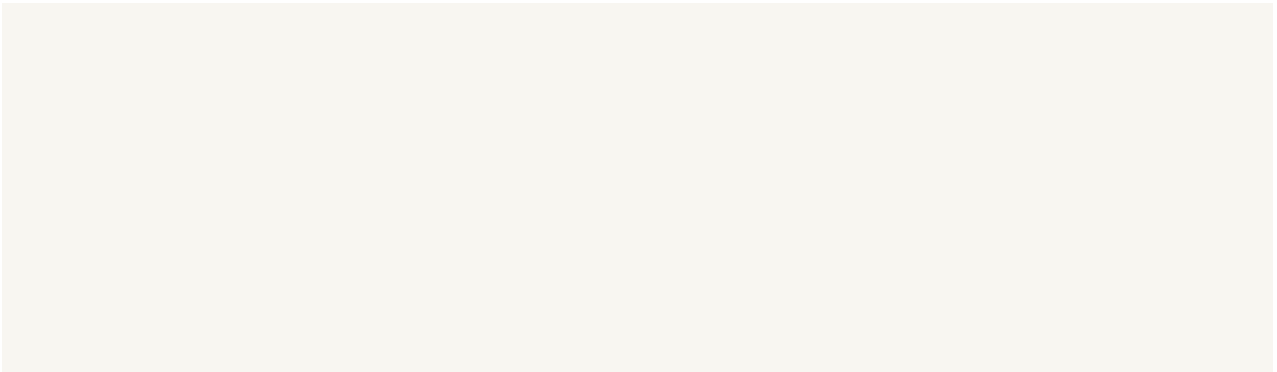
### **STEP 1: UNDERSTAND YOUR SELF CARE NEEDS**

Take a moment to reflect on different areas of your life. Where do you feel most drained, stressed, or in need of support? This will help you identify what types of self-care activities would be most beneficial for you.

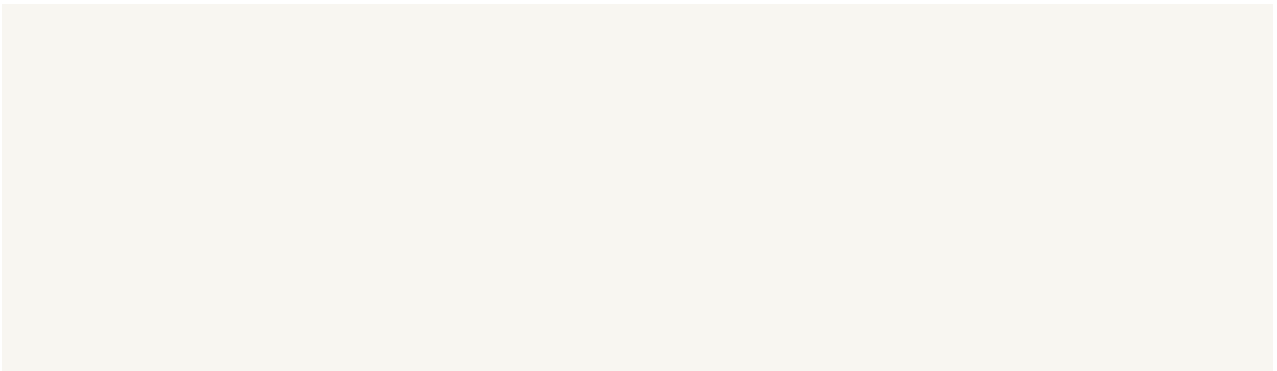


## STEP 1: CONT.

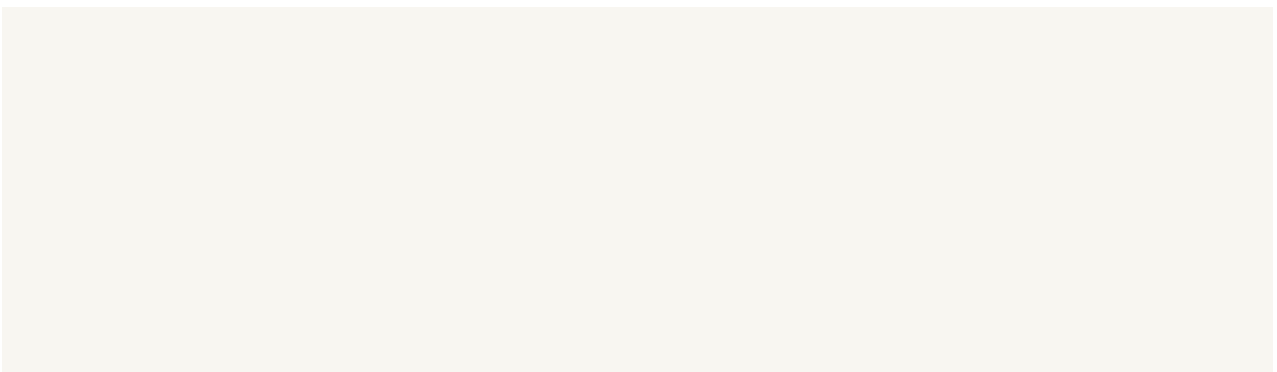
1. What would help you feel more balanced and supported in these areas?



2. How much time can you realistically dedicate to self-care each week?



3. What's your comfort level with spending money on self-care activities?



## STEP 2: REFLECT ON YOUR CURRENT SELF CARE ACTIVITIES

1. What self-care activities do you currently engage in?

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2. Do any of them require money? If so, which ones?

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3. What are some free or low-cost alternatives to these activities?

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4. How do you feel about self-care choices?

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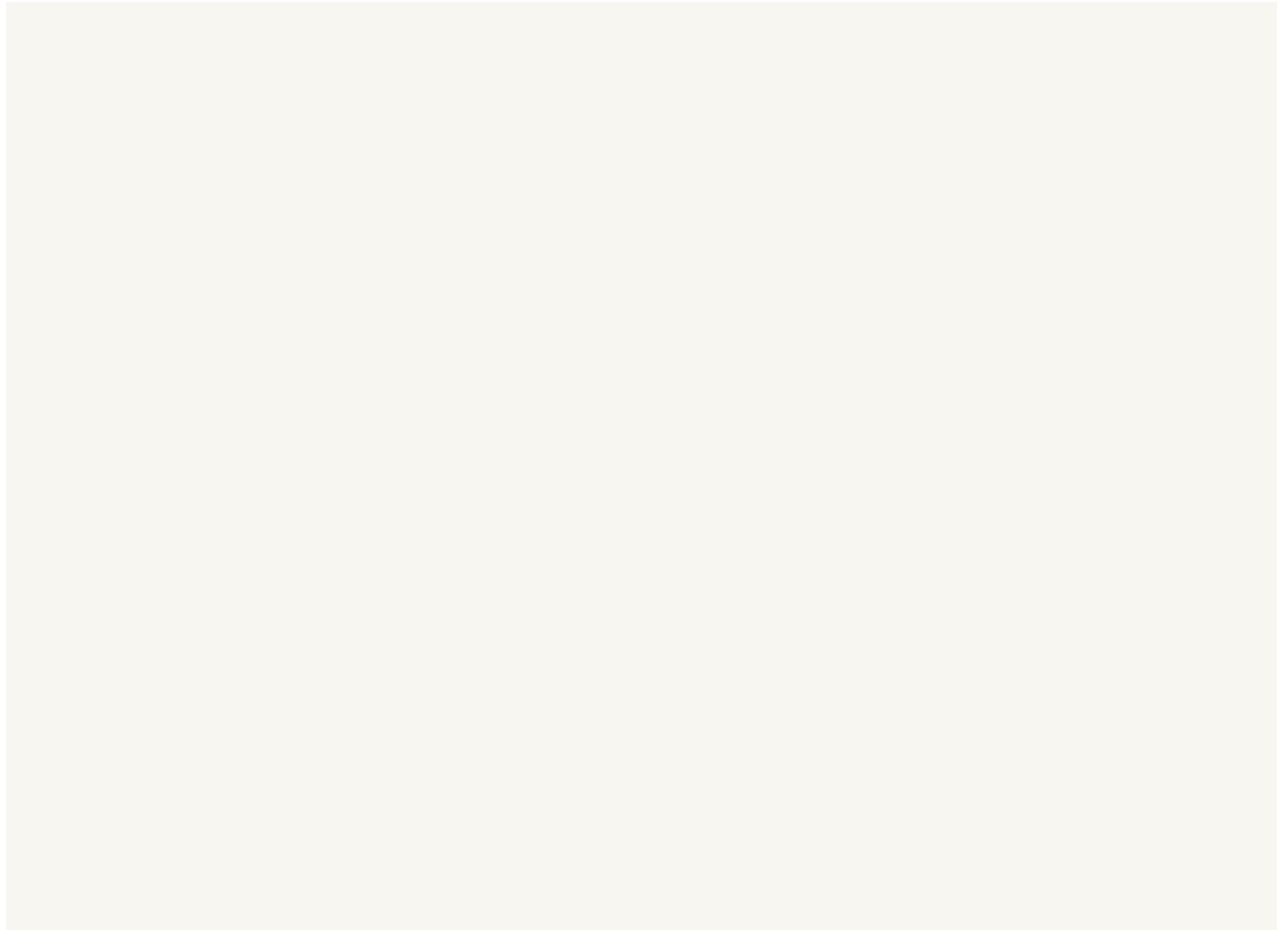
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## **REFLECTION**

Use this space to capture any additional revelations, insights, or feelings that came up while doing this exercise.



You've identified your needs, explored your options, and designed a personalized plan that works for your life and budget.

## **REMEMBER**

- Self-care is not a luxury; it is essential.
- Spending money on self-care is a personal choice.
- Effective self-care practices can be free or paid.
- Choose activities based on personal needs and values.