

MY SELF CARE PLAN

SELF CARE SCHEDULE:

ACTIVITY	SCHEDULE
Yoga	Daily Morning
Meditate	Daily Morning
Exercise	Daily Afternoon
Journal	Daily Afternoon
Read	Daily Evening
Face Mask	Thursday Evening
Therapy	Friday Evening

SELF CARE LIST:

ACTIVITY	CATEGORY
Online Class	Practical
Draw	Emotional / Mental
Brunch	Social
Board Game Night	Social
Video Games	Social/ Mental
Hike	Spiritual / Physical
At Home ManiPedi	Physical

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SELF CARE SCHEDULE:

ACTIVITY	SCHEDULE

SELF CARE LIST:

ACTIVITY	CATEGORY

SELF CARE ACTIVITIES:

Take an Online Class

Creative Writing

Bubble Bath

Cook a Healthy Meal

Dance Party

Go for a Walk

Enjoy a Cup of Tea

Listen to Relaxing Music

Call a Family Member

Go to a Fitness Class

Learn a New Hobby

Write a Short Story

Cuddle a Pet

Aromatherapy

Garden

Stretch

Curl up in a Warm Blanket

Watch Your Favorite Show

Set a Sleep Schedule

Listen to a Podcast

Solo Jam Sesh

Call a Friend

Relax Outside

Have a Picnic

Go to an Art Class

Take a Short Walk

Bake a Treat

Look at the Stars

Take Yourself Out to Eat

Treat Yo'self

Organize a Space in Your Home

Take a Nap