



SELF-CARE PLAN



I choose me, every day.

Self-care isn't selfish, it's essential.
Taking care of myself helps me show up as my best
for the people and things that matter most.



WHAT REFILLS ME?

List the activities, people, and things
that help you feel happy, calm, and
re-energized.

















DAILY SELF-CARE IDEAS

Simple things I can do each day to take care of me.



Drink water



Move my body



Read a book



Practice
gratitude



Take deep
breaths



Journal



Listen to
music



Spend time
outside



Connect with
someone



Get enough
sleep



Eat nourishing
food



Take a warm
bath

MY SELF-CARE PLAN

The small things I will do to care for
myself this week.

MON

TUE

WED

THU

FRI

SAT

SUN

BOUNDARIES I WILL SET

How I will protect my time, energy, and peace.

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A GENTLE REMINDER



I am enough.
I am doing my best.
I deserve love, rest, and kindness.



Self-care is a daily practice, not a perfect one.

You matter.

