weekly self-care checklist

	morning	noon	afternoon	night
Monday	Wake up early to the sunrise	Journal your thoughts	Stay offline	Do your breathing exercises
Tuesday	Establish your own morning meditation routine	Cook your favorite meal	Read some pages from your favorite book	Avoid negative thoughts
Wednesday	Do Yoga	Try something for the first time	Phone a friend	Join a dance class
Thursday	Go out walking in the open air	Visit a museum	Get crafty	Make your own tea and sip it slowly in your balcony
Friday	Treat yourself to a massage	Make a vision board	Become a tourist in your own town	Invite friends over for some chit-chat
Saturday	Listen to an inspirational TED talk while brushing your teeth	Declutter your space	Prepare for the week to come	Watch an old movie
Sunday	Go swimming	Spend time in nature	Join a workshop on women & entrepreneurship	Sleep earlier than usual

Day Planner

Date:
. . . .

Today, I'm grateful for

My mantra is

Me-time I will spend today

Notes to myself

My schedule for today

Healthy Habits

water ☐

veggies ☐

Did you do your exercises? ☐

Did you schedule your check up? ☐

What did you do for your mental health today?

What I earned   What I spent