

# SELF-CARE GOALS FOR BEGINNERS



Sometimes, life gets a little wild, and it can be hard to remember to take care of yourself. If you're neglecting your overall health, here are a few suggestions for the week. Remember, great progress starts with small steps!

|           |      |                     |                      |
|-----------|------|---------------------|----------------------|
| MONDAY    | GOAL | MEDITATE            | TIME: 5 MIN          |
| TUESDAY   | GOAL | GO FOR A WALK       | TIME: 10 MIN         |
| WEDNESDAY | GOAL | LISTEN TO MUSIC     | TIME: 3 SONGS        |
| THURSDAY  | GOAL | STRETCH             | TIME: 5 MIN          |
| FRIDAY    | GOAL | WRITE A LETTER      | TIME: 15 MIN         |
| SATURDAY  | GOAL | PLAY A GAME         | TIME: 20 MIN         |
| SUNDAY    | GOAL | PLAN YOUR NEXT GOAL | TIME: <b>HOWEVER</b> |
|           |      | WEEK                | <b>LONG YOU NEED</b> |

USE THREE WORDS TO DESCRIBE HOW YOU FELT EACH TIME YOU COMPLETED OR MISSED A GOAL.

I FEEL...

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

