

Self-Care & Task Planner

M O R N I N G

Brush teeth ☐

7 A M

Get ready ☐

8 A M

Eat breakfast ☐

9 A M

Drink a glass of water ☐

10 A M

11 A M

A F T E R N O O N

Eat lunch ☐

12 P M

Drink two glasses of water ☐

1 P M

2 P M

Small brain break ☐

3 P M

4 P M

E V E N I N G

Eat dinner ☐

Drink a glass of water ☐

Brush teeth/Shower ☐

Tidy up ☐

WHAT DO I WANT TO FOCUS ON THIS WEEK?

REST & RECHARGE

- ☐ take a nap
- ☐ drink soothing tea
- ☐ utilize aromatherapy
- ☐ mindful colouring
- ☐ watch a comfort movie/show
- ☐ schedule some quiet time
- ☐ _____

Take a moment right now for some mindful breathing.

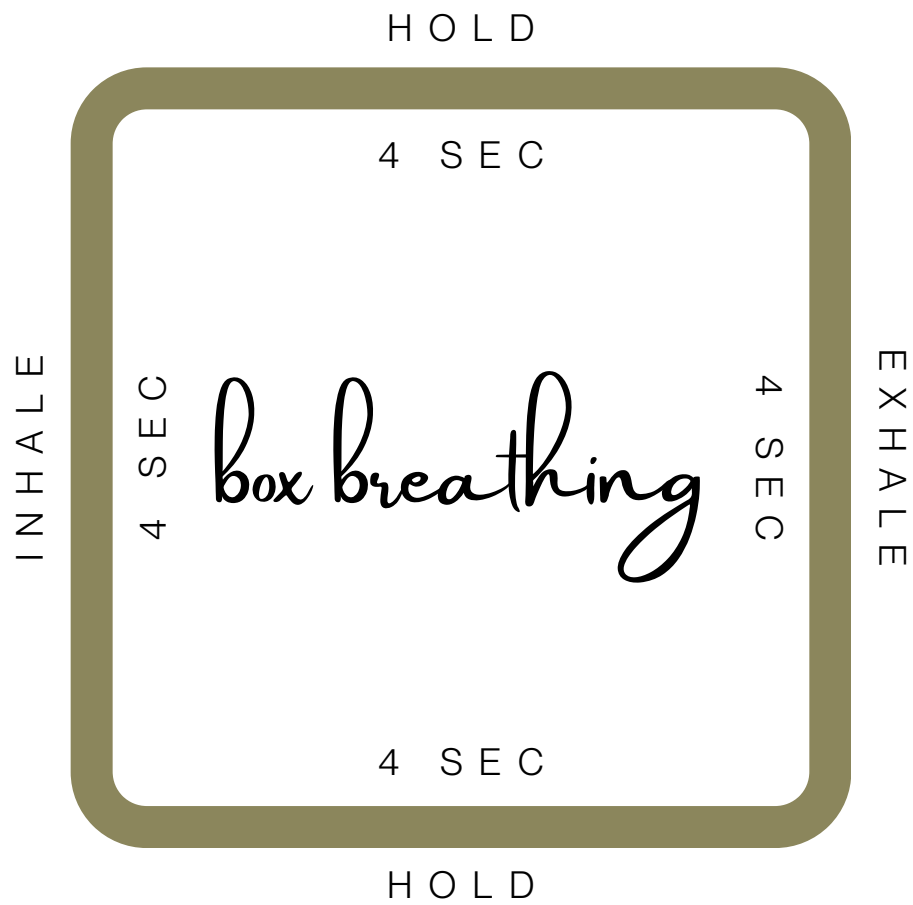
breathe in *calmness*

breathe out *stress*
repeat 4x



PRODUCTIVE

- ☐ exercise
- ☐ buy or make a yummy drink
- ☐ cook a homemade meal
- ☐ make time for a hobby
- ☐ clean the house
- ☐ complete errands (list below)



THIS WEEK'S SNAPSHOT

M O N D A Y

T U E S D A Y

W E D N E S D A Y

T H U R S D A Y

F R I D A Y

T H E W E E K E N D

NOTES
