

Daily Self-Care Tracker

DATE: _____ MONTH: _____ YEAR: _____

MY TOP 3 INTENTIONS TODAY:

- _____
- _____
- _____

MIND • BODY • EMOTION CHECK-IN

- MIND: WHAT THOUGHTS ARE SHOWING UP TODAY?

- BODY: ANY TENSION, PAIN, OR SENSATIONS?

- EMOTION: WHAT AM I FEELING AND WHY?

WATER INTAKE



TODAY'S MOOD



IN ONE WORD

- _____

SELF-CARE HABITS (CHECK OFF WHAT YOU COMPLETED):

- HYDRATED (6-8 CUPS)
- NOURISHED WITH A BALANCED MEAL
 - MOVED MY BODY
 - RESTED / TOOK A PAUSE
- CONNECTED WITH SOMEONE
- PRACTICED GRATITUDE
- SET A BOUNDARY

MY SELF-CARE ACTIVITY TODAY WHAT DID I DO FOR MYSELF?

- _____
- _____
- _____
- _____

EVENING REFLECTION

- WHAT WENT WELL TODAY?

- WHAT DRAINED ME?

- ONE THING I'M PROUD OF:

- ONE THING I WILL RELEASE TONIGHT:

Weekly Self-Care Tracker

WEEK OF: _____

OVERALL MOOD THIS WEEK:

EXCELLENT GOOD OKAY STRUGGLING BURNED OUT

WINS OF THE WEEK:

- _____
- _____
- _____
- _____

CHALLENGES I FACED:

- _____
- _____
- _____
- _____

PATTERNS I NOTICED (THOUGHTS,
BEHAVIOR, ENERGY):

- _____
- _____
- _____
- _____

WHAT I NEED MORE OF NEXT WEEK:

- _____
- _____
- _____
- _____

ONE HABIT I WANT TO STRENGTHEN:

- _____
- _____

BOUNDARY CHECK:

WHERE DID I HONOR BOUNDARIES? WHERE DID I ABANDON MYSELF?

- _____
- _____
- _____