

### Physical NEEDS

SLEEP:	$\begin{bmatrix} 1 \end{bmatrix}$	2	3	4	5	6	7	8	hours

Health Cave ———

Annual Check-ups for vision, dental, and health. Refill prescriptions

1

2

3

4

<u>Breakfast</u>

Nutrition

**Health Concern** 

Lunch

**Doctor's Notes** 

**Dinner** 

# Mental & Emotional

NEEDS

Counseling	Stress Reduction -								
	BOUNDARIES								
	Saying no when you'd rather not do something								
	Not volunteering for extra work								
	Communicating needs directly to others								
—— Take a Break ——	COGNITIVE ABILITIES	S							
Day:	Learning something new								
Time :	Playing brain games to improve concentration								
Activity:	Reading								



Mindful Awaveness

#### PERSONAL TIME THIS DAY

Morning Routine

# Wake up on time Limit use of social media Record positive affirmation Exercise Shower

Eat a nutritious breakfast

Affirmation

TODAY'S GOALS

Keeping track of your self-care actions can be helpful when starting a new routine or restarting your old one. Not everyone will find this tool helpful. The goal is not to just a box to say yeah, I did self-care today. The purpose is to use this tool as a form of accountability while establishing/reestablishing healthy habits.

	establishing/reestablishing healthy habits.													
_	Self-cave Action —													
1.		S $M$ $T$ $W$ $T$ $F$ $S$												
2.														
3.														
4.														
5.														
6.														
	Self-cave Action —													
_	Cell-mie James													
1														
1.														
<i>2</i> .														

3.

4.

5.

6.



## Joga Preparation CHECKLIST

Class Name :	
Address/Phone:	
Practice Schedule :	<u>GOALS</u>
Take a shower before class  Skip the perfumes/cologne  Skip the scented lotion  Avoid eating before class  Leave my shoes at the door  Sign in and pay before class  Stay calm  Practice seriously	
Appointment	

Deal JOURNAL

Date	:																											
Datc	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•

Today's Mood





I FEEL SO ......