



secondactinspiration

# self-care plan

## GOALS FOR MY MIND

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## GOALS FOR MY BODY

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## MIND

### Mental health

Mindfulness and self knowledge

### Soul

Stimulation and fulfillment

## BODY

### Self-care

Basic hygiene and body care

### Improvement

Exercise, sleep and healthy food

## GOOD RULES & HABITS I WANT TO LIVE BY



dear my  
future self



.....

[illegible]

*Decide how old do you want your future self to be when you read this letter and store it somewhere save until then.*



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# soul stuff notes

## Instruction

Fill these space with your favorite activities & things to fall back on when you're in a bad mood and having a not-so-good day.

## MY FAVORITE

### Favorite Movies

- ▶ .....
- ▶ .....
- ▶ .....

### Favorite Books

- ▶ .....
- ▶ .....
- ▶ .....

### Favorite Games

- ▶ .....
- ▶ .....
- ▶ .....

## THINGS I DO WHEN I'M SAD

- .....
- .....
- .....

## THINGS I DO WHEN I'M BORED

- .....
- .....
- .....

## THIS YEAR I'M LOOKING FORWARD TO

# 30 self-care challenges

<input type="checkbox"/> Stretch all your muscles	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Indulge in your favorite treat	<input type="checkbox"/> Go to bed earlier
<input type="checkbox"/> Listen to favorite song	<input type="checkbox"/> Eat vegetarian meals	<input type="checkbox"/> Take a nice bubble bath	<input type="checkbox"/> Cook your favorite meal	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Journaling	<input type="checkbox"/> Give yourself a facial	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Try a DIY Project
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a book	<input type="checkbox"/> Explore a new city	<input type="checkbox"/> Watch your favorite movie	<input type="checkbox"/> Give yourself a manicure
<input type="checkbox"/> Get some sunlight	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organize your closet	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Create your ideal future	<input type="checkbox"/> Surround yourself with positivity	<input type="checkbox"/> Drink plenty of water