



# Self-Care Tracker

DATE:

ACTIVITY	S	M	T	W	T	F	S
GRATITUDE PRACTICE							
PHYSICAL ACTIVITY							
EAT HEALTHY-ISH							
POSITIVE SELF-TALK							
SKINCARE ROUTINE							
SLEEP 7-9 HOURS							
SET BOUNDARIES							
HAVE FUN							
REST/RELAX							



A consistent self-care routine is the foundation of your relationship with yourself. To learn more about these habits and how this routine originated, follow @steph\_hibbs on Instagram and check out my book, *Thank You For Swiping Right*.

You'll never regret learning to love and appreciate yourself more!