

# Introducing Self-Care Sunday: Your Weekly Reset

## *What is Self-Care Sunday?*

Self-Care Sunday is all about carving out intentional time to reset, reflect, and recharge for the week ahead. It's a day to prioritize YOU—your peace, your happiness, and your well-being. Whether you're a self-care pro or just starting to explore the concept, this is your reminder that you deserve moments of rest and renewal.

### **How to use the Self-Care Sunday guide:**

1. Fill in the Date: Write the date. (You can reprint this guide. Keep them together to create a Self-Care Sunday journal!)
2. Answer the Prompts: Take a few minutes to jot down your thoughts for each question.
3. Reflect and Reset: Use your answers to focus on what brings you joy and plan how to care for yourself in the week ahead.
4. Visualize: Close your eyes and envision yourself moving through the upcoming week exactly as you planned and intended. Speak out loud how you will bring self-care into your routine.
5. Keep your entry handy throughout the week: You will be reminded on what intentions you wanted for your week.
6. Share Your Journey: Share your reflections or your favorite rituals on social media using #SelfCareSunday and tag @LivingHappAli. Let's inspire each other to prioritize self-care!

### **Quick Printing & Digital Instructions**

1. Printing: Download the graphic to your device and print it out on standard letter-sized paper (8.5" x 11") and in color or black and white. Optional: print as many as you'd like to curate a Self-Care Sunday journal!
2. Digital Use: Download the graphic to your tablet or iPad, and use a note-taking app (like GoodNotes or Notability) to fill it in digitally. It's perfect for journaling on the go!



I am recharging  
on this date:

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# Self-Care Sunday

Reset. Reflect. Recharge.



**What brought me  
joy this week?**

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**What made me  
feel off this week?**

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**How will I take care of  
myself this week?**

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**What are my intentions  
this week?**

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**Take a moment to reflect and reset your week. Share your answers or  
your favorite self-care rituals by using #SelfCareSunday and tag  
@LivingHappAli on Instagram and/or TikTok! I'd love to see how you are  
taking care of yourself!**



# Thank you!

Thank you so much for your purchase! Your support means the world to me, and I am thrilled to be part of your self-care journey!  
As always, I hope you are Living HappAli.



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