Self-Care Plan

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **SELF-CARE PRACTICES** | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **BE MINDFUL** |  |  |  |  |  |  |  |
| **PRIORITIZE** |  |  |  |  |  |  |  |
| **CONNECT**  **AND**  **COMMUNICATE** |  |  |  |  |  |  |  |
| **BE PHYSICALLY ACTIVE AND EAT HEALTHY** |  |  |  |  |  |  |  |
| **UNPLUG** |  |  |  |  |  |  |  |
| **SLEEP AND RECOVER** |  |  |  |  |  |  |  |
| **HAVE FUN** |  |  |  |  |  |  |  |
| **GIVE & LOVE** |  |  |  |  |  |  |  |
| **SELF-TALK**  **PHRASES** |  |  |  |  |  |  |  |

NOTE: You may refer to the suggested activities for each Self-Care Practice available at Dr. Michelle Almeida’s Book, *SuperWoman in Charge: How to Protect your Sanity and Succeed in Life. ©2018*