Self-Care Plan

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **SELF-CARE PRACTICES** | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **BE MINDFUL** | 6:00 am15 min.meditation |  |  |  |  |  |  |
| **PRIORITIZE** | am – organizemy schedule |  |  |  |  |  |  |
| **CONNECT****AND****COMMUNICATE** | have lunch with a friend |  |  |  |  |  |  |
| **BE PHYSICALLY ACTIVE AND EAT HEALTHY** | -choo,se the stairs-drink plenty of water |  |  |  |  |  |  |
| **UNPLUG** | enjoy a bubble bath |  |  |  |  |  |  |
| **SLEEP AND RECOVER** | sleep enough hours (7-9) |  |  |  |  |  |  |
| **HAVE FUN** | -fly a kite-play with children |  |  |  |  |  |  |
| **GIVE & LOVE** | volunteer at a soup kitchen |  |  |  |  |  |  |
| **SELF-TALK****PHRASES** | I trust my inner wisdom |  |  |  |  |  |  |

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*