Self-Care Plan

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| **SELF-CARE PRACTICES** | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **BE MINDFUL** | 6:00 am  15 min.  meditation |  |  |  |  |  |  |
| **PRIORITIZE** | am – organize  my 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*