



Women of Wellness

Stronger together through . love

Self-Care Tracker

Instructions: Tied to the epilogue's emphasis on sustaining your own well-being as a leader, use this weekly log to track practices. Aim for balance across categories. Review at week's end for patterns and adjustments. Week Of: _____

Day	Emotional/Mental Journal/therapy	Physical Walk/sleep	Social/Spiritual Connect with friend/meditation	Notes/reflection	Rating 1-5
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Women of Wellness

Stronger together through . love

Weekly Summary: What worked well? What needs more focus?

Goal for Next Week: _____

Tip: Remember, self-care isn't selfish, it's essential for your leadership ripple effect
