

Custom Self-care Routine + Tracker

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Self-care ideas:

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|-------------------|------------------|-------------------------------|-------------------|
| Writing | Dancing | Talk to family/friend | Organizing |
| Skin care routine | Drinking water | Jogging | Affirmations |
| Healthy eating | Taking vitamins | Bringing lunch to school/work | Clean home/office |
| Drawing | Arts & Crafts | Social media break | Running |
| Deep breathing | Stretching | Gratitude prayer | Smiling |
| Walking | Sleeping early | Reading | Meditation |
| Nail care | Baths | Playing a sport | Waking up early |
| Detoxing | Eating breakfast | Studying | Yoga |
| Painting | Sewing/Knitting | Praying | Exercising |
| Relaxing | Journaling | | Working on goals |



1 Choose 3 activities to start:

2 How and where can you do these activities?

3 How can you implement these into your life?



Track your habits by colouring in a star for every time you do the activity.
(Each activity is a 1-month, 30-day tracker)