



SUNDAY

Give yourself a facial
Cook a special dinner
Meditate for 10-30 minutes

MONDAY

Read or listen to a book
Create your weekly to do list
10 minute meditation

TUESDAY

Take a hot luxurious bubble bath
Download the free start with self PDF and complete it
Relax and watch one of your favorite movies

WEDNESDAY

Take a walk or run
Stretch for 15 minutes after
Binge a little on Netflix and snacks

THURSDAY

Clean and organize your home and/or your work environment
Take a cat nap (10-45 min)
Eat extra vegetables today

FRIDAY


Go dancing or to a movie or a party! Treat it like a Friday!
Practice at least 10 minutes of gratitude today
Drink lots and lots of water today

SATURDAY

Listen to all your favorite songs
Buy something you want
Beauty day: hair treatment, paint finger and toe nails, facial, etc...

WEEK OF SELF CARE

Self care is all about taking care of your mental, emotional, and physical health.





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**WEEK OF
SELF CARE**

After you complete the first week
of self care use this sheet to
create your own

