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## WORKBOOK

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My Morning Routine	My Evening Routine						
MY MEALS		TIME	WATER				
BREAKFAST							
LUNCH							
DINNER							
SNACK							
MY PRIORITIES		MY SCI	HEDULE				
HEALTH SELF-CARE							
FITNESS SELF-CARE							
TTTT VESS SEET C/ WC							
NOTES TO SELF		MY MOC	DD TODAY				



Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed	$\bigcirc$						
Brush Teeth	$\bigcirc$						
Bathe	$\bigcirc$						
Get Dressed	$\bigcirc$						
Go Outside	$\bigcirc$						
Smile	$\bigcirc$						
Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get a good nights sleep	$\bigcirc$						
Eat a healthy breakfast	$\bigcirc$						
Cook a healthy dinner	$\bigcirc$						
Drink water	$\bigcirc$						
Get some exercise	$\bigcirc$						
Take vitamins & medications	$\bigcirc$						
Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	$\bigcirc$						
Talk to someone	$\bigcirc$						
Do something that makes me happy now	$\bigcirc$						
Write down what I am thankful for	$\bigcirc$						
Write down a future goal	$\bigcirc$						
Read IO pages of a book	$\bigcirc$						



My Top Priorities	Self Care
SCHEDULE	Nutrition
	Daily Affirmation
	Notes

## Seff Care Tracker

Self-Care Action	M	T	W	Т	F	S	S
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	_						



MON	TUE	WED	THU	FRI	SAT	SUN

NOTES	



BASIC	PHYSICAL
EMOTION M	
EMOTIONAL	SPIRITUAL
NC	OTES



Habit	M	T	W	Т	F	S	S
		$\bigcirc$					$\bigcirc$



Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	•	Key
<u>*                                    </u>			•	,				-					



FAVORITE AFFIRMATIONS	COMPLIMENTS TO MYSELF
I'AA DR	OUD OF
TIVITI	



I LOVE ABOUT MYSELF
OTHERS SAY I'M GOOD AT
WHAT'S UNIQUE ABOUT ME

Seff Love Tree

START GROWING YOUR SELF-LOVE TREE BY ADDING THINGS YOU LOVE ABOUT YOURSELF TO EACH HEART AND COLORING IT IN



Seff Care Far

WRITE DOWN YOUR SELF- CARE IDEAS AND COLOR IN EACH HEART WHEN GOALS ARE REACHED





Answer these questions to gain a better perspective of how you can strengthen your self-love.

In what ways do I treat my friends better than I treat myself?

In what ways do I treat strangers that I encounter throughout the day better than I treat myself?

