

DAILY SELF CARE

Date: _____

MORNING: GROUNDING

Hydrate (16oz water)

Morning meditation

Sunlight exposure

Stretch / Yoga

Healthy breakfast

Skin care routine

AFTERNOON: MAINTENANCE

Deep breathing break

Nutritious lunch

Movement / Walk

Mental check-in

EVENING: RESTORATION

Digital detox (1hr pre-sleep)

Gratitude journaling

Read a book

Prepare for tomorrow

Tidy living space

7-8 Hours sleep

REFLECTIONS & INTENTIONS

What went well today? What am I letting go of?