

EMOTIONAL WELL-BEING

Daily Self-Care Check-In

MINDFUL MOMENTS

10 Minutes Meditation
Deep Breathing Exercise
Digital Detox (1 Hour)
Gratitude Journaling

PHYSICAL CONNECTION

Gentle Movement/Stretch
Hydration (8 Glasses)
Nourishing Meal
Consistent Sleep Routine

INTERNAL REFLECTION

Name 3 Emotions Felt
Acknowledge a Small Win
Practice Self-Forgiveness
Set One Healthy Boundary

EXTERNAL CONNECTION

Connect with a Loved One
Time in Nature
Ask for Help if Needed
Act of Kindness

DAILY ENERGY:

Low
Steady
High
Vibrant

Reflections & Intentions for Tomorrow...

"You cannot pour from an empty cup."