

SELF-CARE PLANNING GUIDE

DATE:

FOCUS:

PHYSICAL WELLNESS

Movement, nutrition, sleep, hydration

MENTAL & EMOTIONAL

Journaling, therapy, mindfulness, hobbies

SOCIAL & CONNECTION

Boundaries, community, loved ones

SPACE & ENVIRONMENT

Decluttering, comfort, sensory input

DAILY AFFIRMATION & INTENTIONS

REFLECTION: WHAT NOURISHED ME TODAY?