

# Self-Care Planner Doc





A simple guide to caring for yourself with intention

### Weekly Self-Care Overview

Think about what you need in key areas of your life this week.

Category	What I need this week
Physical	Action you can take here
Mental	Action you can take here
Emotional	Action you can take here
Social	Action you can take here
Spiritual	Action you can take here

### Self-Care Habit Tracker

List five habits you'd like to track throughout the week. You can include the wellness actions from above.

	S	М	Т	W	TH	F	S	Habit
				0		0	0	Drink enough water
•			_					Get 7-8 hours of sleep
•		0		0			0	Walk for 1 hour
		0	0		0	0		Take screen break
		0			0			Another habit here

## **Weekly Reflection**

#### This week's intention:

What mindset or energy do you want to carry this week?

#### One thing I'm looking forward to:

Name something small or big that brings you joy, comfort, or excitement.

#### Check-in:

• I felt best when																						
• I want to continue																		_			_	
• Next week, I'll try to																						

### **Credits**

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for the template

Pexels, Pixabay

for the photos