

Self-Care Routine

A self-care routine helps you to focus, release, and reset each day. Keep track of the things you do to nourish your mind (such as reading, meditating, journaling) and body (such as walking, yoga, dancing) for one week. At the end of the week, reflect on your entries to make a plan for the future.

Sunday	
	
Monday	
	
Tuesday	
	
Wednesday	
	
Thursday	
	
Friday	
	
Saturday	
	

