



SELF CARE HABITS



weekly

- Connect with your support system
- Clean/organize your space
- Review a Self Care Space lesson
- Read a personal growth book
- Listen to a podcast
- Check in with an accountability partner
- Spend time in nature
- Prep some healthy meals

monthly

- Meet with your therapist 1-2 times
- Attend group therapy
- Set intentions & visualize your future self
- Create a vision board
- FaceTime friends/family who live far
- Do a deep clean
- Take a long bath
- Volunteer or get involved in charity work

daily

- Meditation
- Gratitude practice
- Breath-work
- Movement
- Set screen time limits
- Get morning sunlight
- Drink plenty of water
- Eat to balance blood sugar
- Have a skincare routine
- Read a page of a devotional
- Start a prayer practice
- Dance to good music
- Stick to a sleep schedule
- Time block your day
- Look at your vision board



SELF CARE CALENDAR

INTENTIONS:

MONTH:

SUN	MON	TUE	WED	THU	FRI	SAT