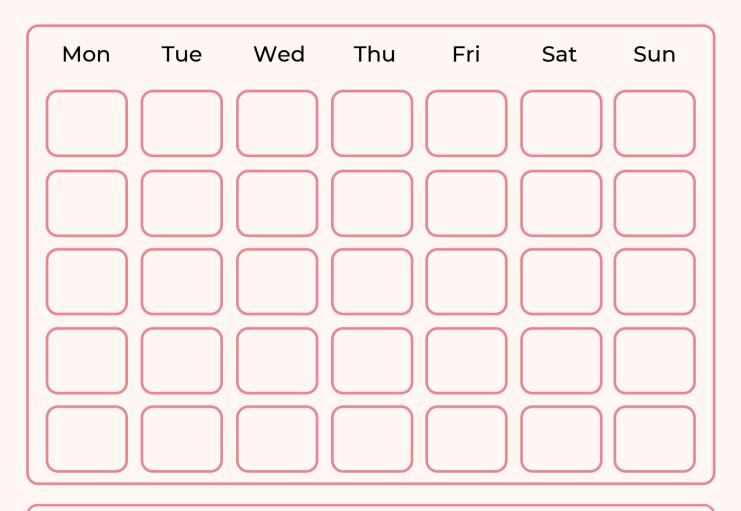


Month:



Notes:

Self-Care Bingo

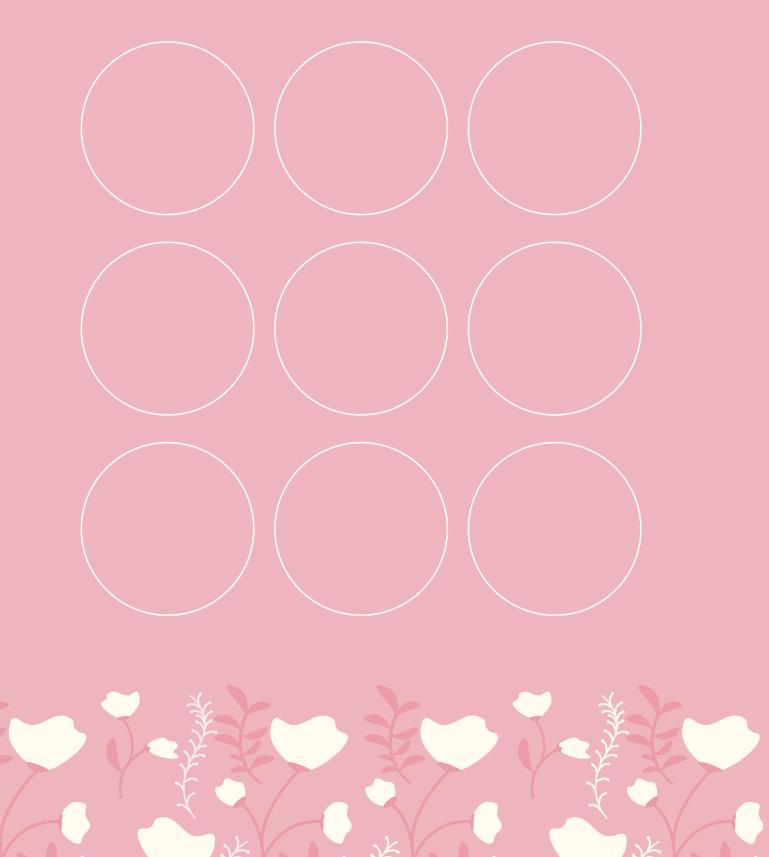
#### CROSS OFF WHAT YOU HAVE DONE!



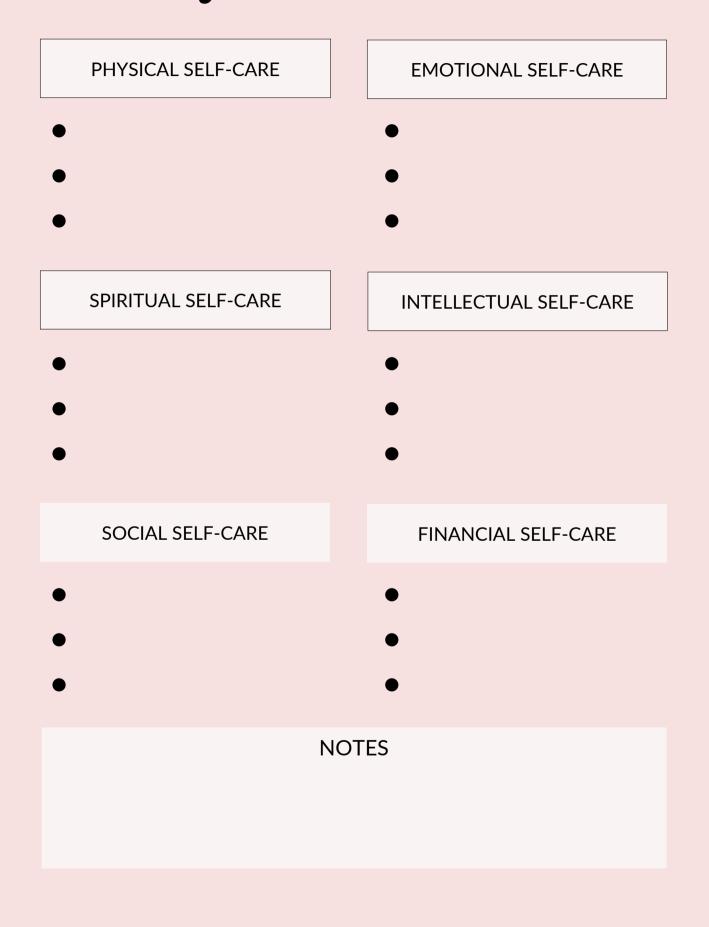




### CROSS OFF WHAT YOU HAVE DONE!



Self-Care Practices





# Self Care Rituals

| Morning Rituals | m | t | W | t | f | S | S |
|-----------------|---|---|---|---|---|---|---|
|                 |   |   |   |   |   |   |   |
|                 |   |   |   |   |   |   |   |
|                 |   |   |   |   |   |   |   |
|                 |   |   |   |   |   |   |   |
|                 |   |   |   |   |   |   |   |
|                 |   |   |   |   |   |   |   |

| Night Rituals | m | t | W | t | f | S | S |
|---------------|---|---|---|---|---|---|---|
|               |   |   |   |   |   |   |   |
|               |   |   |   |   |   |   |   |
|               |   |   |   |   |   |   |   |
|               |   |   |   |   |   |   |   |
|               |   |   |   |   |   |   |   |
|               |   |   |   |   |   |   |   |
|               |   |   |   |   |   |   |   |





- Get some fresh air
- Drink a glass of water
- Stretch or go for a walk
- Listen to my favorite song
  - Take a warm bath or shower
- 🗍 Wash द moisturize my face
- Reflect on my goals
  - Think about something or someone I'm grateful for



Weekly self-care

## Checklist

| Drink 8 glasses of water    | 000000  |
|-----------------------------|---------|
| Get enough sleep            | 000000  |
| Walk, stretch, or workout   | 0000000 |
| Go to bed on time           | 0000000 |
| Apply my skincare           | 000000  |
| Write in My journal         | 000000  |
| Read & relax for 15 minutes | 0000000 |

Weekly self-care

Checklist





| EMOTIONAL | PHYSICAL |
|-----------|----------|
|           |          |
|           |          |
|           |          |
|           |          |
|           |          |
|           | •        |
|           |          |
| SPIRITUAL | SOCIAL   |
| SPIRITUAL | SOCIAL   |
|           |          |
|           | •        |
|           |          |
|           |          |

# Personal Planner Self-Love Checklist

Morning Activities

Afternoon Activities

**Evening Activities** 

## Self Esteem Journal

Date : \_\_\_\_\_

| NOM | Something I did well today<br>Today I had fun when<br>I felt proud when                       |
|-----|---|
| TUE | Today I accomplished<br>I had a positive experience with<br>Something I did for someone       |
| WED | I felt good about myself when<br>I was proud of someone else<br>Today was interesting because |
| THU | Something I did well today<br>Today I had fun when<br>I felt proud when                       |
| FRI | Today I accomplished<br>I had a positive experience with<br>Something I did for someone       |
| SAT | I felt good about myself when<br>I was proud of someone else<br>Today was interesting because |
| SUN | Something I did well today<br>Today I had fun when<br>I felt proud when                       |