

SELF-CARE PLANNER

3 THINGS I WILL BE INTENTIONAL ABOUT THIS WEEK:

1.
2.
3.

WAYS I WILL PRACTICE
SELF-CARE THIS WEEK:

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

GENTLE REMINDERS:



SELF-CARE HABITS



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