

[illegible]

# WEEKLY SELF CARE.

---

---

## Affirmation & Goals.

.....

.....

.....

## Daily Checklist.

Water	S - M - T - W - T - F - S
Exercise	S - M - T - W - T - F - S
Make Bed	S - M - T - W - T - F - S
Skincare Routine	S - M - T - W - T - F - S

## Weekly Rating.

Nutrition	POOR	●.....●.....●.....●.....●	EXCELLENT
Sleep	POOR	●.....●.....●.....●.....●	EXCELLENT
Mood	POOR	●.....●.....●.....●.....●	EXCELLENT

## To Do.

Try a new recipe	<input type="radio"/>
Read a book	<input type="radio"/>
Have a social media break	<input type="radio"/>
Listen to music	<input type="radio"/>
Take a walk outside	<input type="radio"/>
Clean the house	<input type="radio"/>
Do a face or hair mask	<input type="radio"/>

## Notes.

.....

.....

.....

.....

.....

.....

.....

## *Letters to Myself*

A LETTER TO MY YOUNGER SELF:

---

---

---

---

---

---

---

A LETTER TO MY CURRENT SELF:

---

---

---

---

---

---

---

A LETTER TO MY FUTURE SELF:

---

---

---

---

---

---

---

DATE:    /    /

# SELF-REFLECTION & AWARENESS

What are three things I'm grateful for today?

1.

2.

3.

How do I feel right now? What might be the cause of these feelings?

What are the positive qualities I see in myself?

What habits would I like to change or improve in my life?

*"You can't pour from an empty cup—take care of yourself first."*