DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



DAY 8



DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



DAY 14



DAY 15



DAY 16



DAY 17



DAY 18



DAY 19



DAY 20



DAY 21



DAY 22



DAY 23



DAY 24



DAY 25



DAY 26



DAY 27



DAY 28



**DAY 29** 



DAY 30



NOTES:

## WEEKLY SELF CARE.

Deily Checklist	
Daile Chaoldiat	
Daily Checklist.	
Water	S-M-T-W-T-F-S
Exercise	6-M-T-W-T-F-S
Make Bed S	S-M-T-W-T-F-S
Skincare Routine S	S-M-T-W-T-F-S
Weekly Rating.	
Nutrition POOR • • • • • • • • • • • • • • • • • •	EXCELLENT
Sleep	EXCELLENT
Mood Poor	EXCELLENT
To Do. Notes.	
Try a new recipe	
Read a book	
Have a social media break	
Listen to music	
Take a walk outside	
Clean the house	
Do a face or hair mask	

TODAY'S DATE:	SMTWTFS
TODATIO DATE.	0 101 1 11 1 1

## 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

V	/hat are three things I'm grateful for today?
	2.
	3.
Hov	w do I feel right now? What might be the cause of these feelings?
W	hat are the positive qualities I see in myself?
W	hat habits would I like to change or improve in my life?

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