

WEEK 1

PHYSICAL SELF CARE ACTION: _____

MENTAL SELF CARE ACTION: _____

EMOTIONAL SELF CARE ACTION: _____

SPIRITUAL SELF CARE ACTION: _____

Check off a box each day you completed
your self care:

WEEK 2

PHYSICAL SELF CARE ACTION: _____

MENTAL SELF CARE ACTION: _____

EMOTIONAL SELF CARE ACTION: _____

SPIRITUAL SELF CARE ACTION: _____

Check off a box each day you completed
your self care:

WEEK 3

PHYSICAL SELF CARE ACTION: _____

MENTAL SELF CARE ACTION: _____

EMOTIONAL SELF CARE ACTION: _____

SPIRITUAL SELF CARE ACTION: _____

Check off a box each day you completed
your self care:

WEEK 4

PHYSICAL SELF CARE ACTION: _____

MENTAL SELF CARE ACTION: _____

EMOTIONAL SELF CARE ACTION: _____

SPIRITUAL SELF CARE ACTION: _____

Check off a box each day you completed
your self care:

PHYSICAL SELF CARE ACTIVITIES

Go on a 30 minute walk
Do Yoga for 15 minutes
Eat a healthy meal
Take an intentional shower
Clear stuck energy out of your home
Exercise

Clean a messy space in your home
Clean your face and do a face mask
Take a bath with epsom salts
Make your bed
Drink a mug of tea
Drink more water
Make your favorite meals from scratch

MENTAL SELF CARE ACTIVITIES

Get 8 hours of sleep each night
Check something off of your mental to do list
Journal
Sit in silence for 15 minutes
Go for a mental health walk

Sit in the sun for 20 minutes
Declutter a digital mess
Declutter a physical mess
Create lists to get things out of your head (worries, to do lists etc)

EMOTIONAL SELF CARE ACTIVITIES

Call someone you are thinking about
Hang out with someone outside of your household
Practice creating boundaries with people and situations in your life
Try out some Somatic Exercises

Send a text to someone in your life telling them why you're grateful for them
Go on an adventure to a new place that gives you joy
Breathwork

SPIRITUAL SELF CARE ACTIVITIES

Do a Guided Meditation
Pull cards for yourself
Book an energy healing session
Wear crystal jewelry
Use crystals in your daily practice or meditation

Practice muscle testing
Do some grounding
Meditate
Do some shadow work
Write out a gratitude list