

LUMINA RISE SELF-GROWTH



WHERE SELF-CARE MEETS SELF-GROWTH

Self-care menu



- Mindful meditation (10–15 minutes)
- Gentle yoga or stretching routine
- Nature walk or outdoor time
- Reading a chapter of a book for pleasure
- Taking a relaxing bath or long shower
- Journaling or expressive writing
- Listening to calming music or a favorite podcast
- Preparing and enjoying a nutritious meal
- Practicing a hobby or creative activity
- Connecting with a friend or loved one

Daily Self-Care Tracker

Date: _____

MORNING CHECK-IN



Intention for today: _____

SELF-CARE CHECKLIST

- ☐ Hydration
- ☐ Mindfulness
- ☐ Movement
- ☐ Moments of joy
- ☐ Rest
- ☐ Offline time
- ☐ Social connection

Overall en: 

EVENING REFLECTION

Today I'm proud that I:

I'd like to do differently:

NOTES

