

SUCCESS+

MY PLAN FOR SELF-CARE



“Consistency in your self-care routine is not a luxury; it’s a declaration that you are worthy of the time and effort.”

—*Unknown*

This Self-Care Planner Belongs to:



Reflect on Your Current Self-Care Practices

What does self-care mean to you?

What are things you do on a regular basis to relax or enjoy yourself? Which are the most effective in helping you unwind?

How do you currently build in time to reflect or process life events or stressors?

What are the most helpful ways you've found to reflect on your thoughts and feelings?

Do you feel like your mind and body are both included in your current self-care practices?

My Current Routine

★ **Tip:** Consider what you currently do for physical, emotional, mental, social, and spiritual self-care. If you're stuck, start with the basics, such as your sleep schedule.

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Reflect on Your Current Routine

How do you typically feel at the end of your day/week?

Is there anything you'd like to feel differently?

Is there a self-care practice or activity you enjoy that you feel like you don't have time for?

Does this routine reflect how you are nourishing your body?

Are there points in the day where you move your body?

What's missing from this routine?

Is there something that doesn't serve you in this routine?

My Optimal Routine

Think about what you would like your routine to be in an ideal world, without limits. Outline it below.

★ *Tip: Think as if you were starting completely anew, without attachments to work schedules and the like.*

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Reflect on Your Optimal Routine

What does self-care mean to you?

What are things you do on a regular basis to relax or enjoy yourself? Which are the most effective in helping you unwind?

How do you currently build in time to reflect or process life events or stressors?

What are the most helpful ways you've found to reflect on your thoughts and feelings?

Do you feel like your mind and body are both included in your current self-care practices?

Creating a New Self-Care Routine

Think about your current routine and your optimal self-care life. Where can they merge? Take one new self-care item and add it to your schedule for next week.

★ *Change doesn't have to be big. Small steps lead to new habits.*

This Week's New Habit for My

Health:

☐ Mental ☐ Emotional ☐ Physical ☐ Spiritual ☐ Social

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After Your Week, Reflect on Your Revised Routine

How do you feel after including this habit in your routine? Has it made a positive impact on your well-being?

What has made it easy (or difficult) to keep this habit in your routine?

Do you need to adjust the habit, or your schedule, to make this new routine easier to maintain?

Is there an aspect of your health (physical, emotional, mental, social, or spiritual) that needs more attention in this routine? If so, how can you improve it next week?

SECTION 4: MODIFY

Modifying Your New Self-Care Routine

Consider your revised routine from last week. Think about what it's lacking and add one new self-care item or modify the one from last week to better fit your needs. Repeat this for at least four weeks until you've formed a new routine that serves you best.

✦ **Tip:** Something as small as 15 minutes for a new practice can transform your mood!

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Health:

☐ Mental ☐ Emotional ☐ Physical ☐ Spiritual ☐ Social

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✦ **Tip:** The smaller the goal or action, the easier it is to stick to it!

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★ *Tip: Celebrate your consistency this week. New habits deserve rewards!*

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✦ **Tip:** Think about when you feel the most energized to try something new.

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✦ **Tip:** Where can you add another 15-minute break for self-care this week?

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✦ **Tip:** Think about the why behind your new routine.

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