



# Moments of Care, Just for *You*

A soft place to notice what you've done for yourself

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## A Note Before You Begin

This tracker was made to gently hold space for your care – not to measure, but to notice.

Each week, you can print a new copy of the next page. Fill in what you can, when you can. Some weeks will be fuller than others, and that's okay.

Use the circles to track small actions of care. Nothing is too small if it helped you.

You'll also find empty spaces: they're there for you – to add anything else that feels supportive, meaningful, or simply yours.

This isn't about perfection.  
It's about presence.

# Moments of Care, Just for You



week



Little Actions	s	m	t	w	t	f	s
Took 15 minutes just for me							
Moved my body or stretch for 5 minutes							
Enjoyed a relaxing bath or shower							
Went outside, even just to breathe							
Laughed or smiled at something real							
Put on something I felt good in							

This Week, I Noticed...