

(Daily)

DATE ___ / ___ / ___

SELF-CARE

S M T W T F S

CHECKLIST

- MAKE YOUR BED
- TAKE A LONG BATH
- TAKE YOUR MEDICATIONS & VITAMINS
- DO A FACE MASK
- SKINCARE ROUTINE
- CALL A FRIEND OR FAMILY
- HEALTHY MEALS
- MEDITATION
- GO FOR A WALK
- WATCH A MOVIE
- CLEANING HOUSE
- CUDDLE A PET OR HUMAN
- WASHING CLOTHES
- TRY A NEW RESTAURANT
- LISTEN TO MUSIC
- MAKE TIME TO READ
- HAVE A POWER NAP
- TRY A NEW RECIPE
- SOCIAL MEDIA BREAK
- NO PHONE 30 MINS BEFORE BED

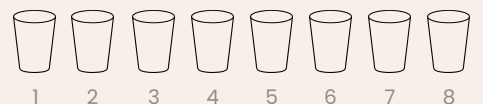
WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



THINGS THAT MAKE ME HAPPY TODAY

MOOD



GRATITUDE JOURNAL

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

WATER INTAKE



WEATHER



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

NEW YEAR'S RESOLUTIONS

TOP *three* GOALS

What are your top three goals to accomplish for the year?

1

2

3

Check off your goals as you reach them throughout the year.

PERSONAL

PROFESSIONAL

FINANCIAL
