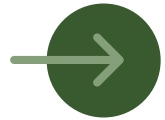




# self-care plan



## Goals for my mind

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## Goals for my body

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## Mind

Mental health  
Mindfulness and  
self knowledge

Soul  
Stimulation and  
fulfillment

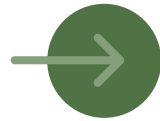
## Body

Self-care  
Basic hygiene  
and body care

Improvement  
Exercise, sleep  
and healthy food

Good rules & habits i  
want to live by





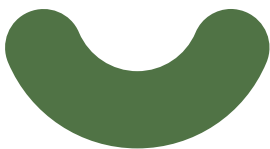
Dear me,

[illegible]

Writing out your goals and visualizing success are key to helping live out your dreams.

Use this space to write a letter to yourself. Describing all of the success you see in your future. Don't be humble, dreams are meant to be difficult.

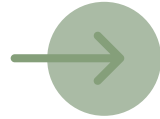
Last, be sure to focus on progress not perfection as you work to reach your goals



Sincerely,  
Myself



# soul stuff notes



## Instruction

Fill these space with your favorite activities & things to fall back on when you're in a bad mood and having a not-so-good day.

## My favorite

### Favorite Movies

- ▶ .....
- ▶ .....
- ▶ .....

### Favorite Books

- ▶ .....
- ▶ .....
- ▶ .....

### Favorite Games

- ▶ .....
- ▶ .....
- ▶ .....

## Things I do when I'm sad

- .....
- .....
- .....

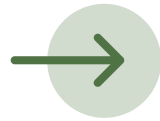
## Things i do when i'm Bored

- .....
- .....
- .....

## This year i'm looking forward to



# 30 self-care challenges



<input type="checkbox"/> Stretch all your muscles	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Indulge in your favorite treat	<input type="checkbox"/> Go to bed earlier
<input type="checkbox"/> Listen to favorite song	<input type="checkbox"/> Try a new restaurant	<input type="checkbox"/> Have a day completely to yourself	<input type="checkbox"/> Cook your favorite meal	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Journaling	<input type="checkbox"/> Give yourself a spa day.	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Try a DIY Project
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a book	<input type="checkbox"/> Explore a new city	<input type="checkbox"/> Watch your favorite movie	<input type="checkbox"/> Try meditation
<input type="checkbox"/> Get some sunlight	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organize your closet	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Create your ideal future	<input type="checkbox"/> Surround yourself with positivity	<input type="checkbox"/> Reach out to a friend you haven't seen in awhile.