



self-care plan



Goals for my mind

- ▶
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- ▶
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- ▶
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- ▶
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Mind

Mental health
Mindfulness and self knowledge

Soul
Stimulation and fulfillment

Goals for my body

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- ▶
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- ▶
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- ▶
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Body

Self-care
Basic hygiene and body care

Improvement
Exercise, sleep and healthy food

Good rules & habits i want to live by





dear my future self

X



Today's Date

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Dear me,

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Instruction

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

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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.

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

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Sincerely,
Myself



soul stuff notes

X



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

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Things i do when i'm Bored

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This year i'm looking forward to



30 self-care challenges



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