



Daily Self-Care Schedule

Name: _____

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY

THURSDAY:

FRIDAY:

SATURDAY:





Suggested Daily Self-Care Schedule

Name: _____



SUNDAY:

Prepare for the week by cleaning, decluttering, getting rid of things you do not need then take a relaxing bath before bed.

MONDAY:

Take a break from being busy by doing only what you need and nothing else. Listen to something soothing.

TUESDAY:

Love on yourself by listing what you love about yourself and what you could use more of today.

WEDNESDAY

Heal through the hump day by massaging your body with your favorite oil or lotion to unwind and show yourself some love.

THURSDAY:

Sit quietly for 5 mins with your thoughts, write them down or share them with who needs to hear them.

FRIDAY:

Relax and release by dancing, singing, or crying. Let loose by focusing on what really matters and not on what doesn't.

SATURDAY:

Sleep in, get a facial, go for a hike, buy a new outfit, and remind yourself of the good things you deserve today.