



# Self-care Planner

Date: \_\_\_\_\_

Today's affirmation:

What is the purpose behind my self-care goals?

What motivates me to achieve them?

How can I achieve them?

Habits to Start:

- 1.
- 2.
- 3.
- 4.
- 5.

Habits to Stop:

- 1.
- 2.
- 3.
- 4.
- 5.

Self care ideas