

My Self Care Plan

	What have I got on today?	Morning	Afternoon	Evening
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

What have I got on today?

Use this section to bullet point in what you have to do today. No details here, but get an idea of what you have to do and note down things throughout the week. Trying to keep them all in your head so you don't forget can add to our feeling of stress and overwhelm!

Morning

What can you do in the morning to give you a boost today? Maybe it's organising what you have on, maybe it's taking 10 minutes to sit by yourself or do yoga or listen to music. Whatever it is, make it manageable for your routine!

Afternoon

What do you need in your afternoons? Think about balancing it alongside whatever you have on that day to do. Setting targets that aren't remotely achievable doesn't help our self-esteem, so have a think about what you would like and what you can fit in.

Evening

Do you have more or less time free in the evenings? It doesn't have to be a big activity to be self-care- maybe it's doing what you would normally do, but staying off your phone. Maybe it's an extra 10 minutes to settle into a bedtime routine. Maybe it is going to a fitness class, or calling a friend.

Remember that you don't have to fill every box every day, but notice if all your plans are bulked towards one particular day of the week, with the rest all blank. How can you plan it in a little each day/every few days? Can you make a time of day that you dread a little less of a chore by adding in some self-care? I recommend doing this planner on a Monday morning to feel like your week ahead is not just filled with to-do's, but with things that will re-charge you as well.