

How to use your Self-Care Planner.



Each morning take 5 minutes to fill in the top parts of the form.

How many hours of sleep you had.

How was the quality of your sleep?

When it comes to the mood one, if you start your day feeling down but then your mood change, put them both in, you can make notes about it in the

Daily Reflections later.

What I'm doing today.

This is going to be very different for everyone.

Just put down what you have going on, work, appointments etc.. but its also there to put in what your doing for you self care that day. Very Important!

Daily Reflections

At the end of the day, pick up your sheet again and write down in the Daily Reflections what worked for you (like using affirmation cards or going for a walk) and what didn't. What affected your mood. What you think

might help you, and how you feel about how you took care of yourself today- including emotionally, physically & Mentally.

Goals for tomorrow

In this section just write a few things you might like to improve on tomorrow, maybe more journalling, going and getting that haircut youve been putting off.

Ultimately , this is your self care planner, these are only my suggestions. Feel free to adapt it and use it how it suits you. Don't freak out if you miss a day.

Its a guide to show you how much you do (or do not) take care of yourself and your sleep, mood and what might be affecting you.

its suggested to do it for 7 days so you can look back over it and see the things that you might need to change or that you do need more self care time.

The most important thing of all?

Be Kind to Yourself!





LOTUS
BEAUTY, BODY & MIND.

Self-Care Planner

DATE ___ / ___ / ___

S M T W T F S

WHAT I WOULD LIKE TO ACHIEVE TODAY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

HOURS OF SLEEP:

0 100 → 12+

QUALITY OF SLEEP:



MOOD :



*Daily Reflection &
Self-Assessment.*

TODAY I AM GRATEFUL FOR

GOALS FOR TOMORROW