

-----'s Monthly Self Care Planner!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							

Color code:

Mental Self Care: _____. Physical Self Care: _____. Emotional / Spiritual Self Care: _____.

A long term goal I am working towards is:

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My short term self care relates to my long term goal in this way:

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