

Weekly Self-Care Planner

Self-care activities

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Self-Care Ideas

- Do some deep breathing
- Go for a nature walk
- Try some journaling
- Listen to an inspiring podcast
- Do some yoga or pilates
- Get a massage
- Play some calming music
- Say some positive self-affirmations
- Watch your favourite movie
- Give yourself a facial
- Have some tea and a treat
- Sit in your favourite comfy chair and read some inspirational quotes
- Learn to paint with videos on YouTube
- Give yourself a manicure or pedicure
- Create a vision board
- Call someone who always makes you laugh to chat
- Try adult colouring books
- Dance to your favourite music
- Look at old pictures that make you happy
- Take a bubble bath
- Listen to guided imagery on Calm or Abide
- Soak your feet in bath salts
- Light some candles and stretch
- Have a social media detox for the day