

30 DAYS TO BUILD  
BETTER SELF-CARE HABITS

# Goals

## EMOTIONAL



## PHYSICAL



## FAMILY



## HEALTH



IF YOU'VE DOWNLOADED  
THIS WORKBOOK.

it means that you want to learn how to take better care of yourself. Whether emotionally, spiritually, physically, or otherwise, self care is an experience that must be practiced from the inside out. So before we dig into all of these aspects, ask yourself what your personal goals for pursuing better self-care are? How are you looking to improve your life through self-care habits? What would you specifically like to work on to take better care of yourself?

# *My Ideal Routine*

Throughout this 30 day self-care journal you will be exposed to and experiment with many different self care techniques. Some will make you feel good and some won't be as effective for your specific needs. When you try something that makes you feel good and decide to integrate it into your daily or weekly routine then make a note of it here.

## DAILY ROUTINE



## WEEKLY ROUTINE



## MONTHLY ROUTINE



# Deep Breathing

Deep breathing or meditation is a simple tool that can reduce stress and anxiety and help you calm down and think more clearly and become more mindful. This technique has been around for centuries and it provides instant relief when you are feeling stressed.

Over the next 30 days, try to spend a few minutes each day doing meditation.

You can find many guided meditation videos on YouTube or you can do the following exercise.

- Lie down or sit down (either cross legged on the ground or on a chair with your back straight).
- Breath in through your nose and let your belly slowly fill with air.
- Breath out from your nose for one count longer than you breath in.
- Focus on your belly as you breathe in and out slowly. Try to breathe from your stomach instead of from your chest.
- Now, imagine the air going from the lungs all the way to the fingers and toes until it travels back up again.
- Image the air entering your body is filled with calm and piece. The air leaving your body removes all stress and tension from your body.

Even if you don't spend time meditating each day you can do deep breathing anywhere and any time throughout the day – even sitting in your chair at work.

The next time you feel overwhelmed or stressed, try this technique. Doing this for just five minutes will help you relax and focus on the task at hand.

Meditation is an important practice for health and wellness because it can help relieve stress and anxiety by focusing on deep breathing techniques which allow you to relax better.

## THE WAY WE SPEAK TO OURSELVES HAS A SIGNIFICANT IMPACT ON OUR SELF-ESTEEM AND DECISION MAKING.

Many of us say the meanest things to ourselves without even thinking about it. However, words have power, and when you hear something often enough, you will start to believe it! This affects your emotions, how you interact with people, and how you see yourself. Take some time to reflect on your self-talk. Do you automatically call yourself stupid when you make a mistake? Do you reinforce something like "Oh, I have a terrible memory." by continually saying it? Would you talk to someone you care about the way you talk to yourself?

## *How Are You Talking To Yourself?*

Write down the negative things you're always saying about yourself. Then, write down three positive things about yourself for EACH one. Make habit of doing this every time you catch yourself being negative to yourself.

What Do I Say About Myself?

What Is TRUE About Me?

What Do I Say About Myself?

What Is TRUE About Me?

What Do I Say About Myself?

What Is TRUE About Me?

What Do I Say About Myself?

What Is TRUE About Me?

# Priorities VS Procrastination

When it comes to self-care, many of us find it very easy to make excuses to put it aside for one reason or another. Self-care can seem unimportant, selfish, or a waste of time in a given situation. However, procrastination of self-care means that you aren't making yourself a priority as you should be. You can only go so long without doing things to help better yourself. Would you ever just keep driving your car without putting gas in it? Probably not! Even if you did, it would just stop after it ran out of gas. Then you would be stuck wherever it broke down--making it even harder to get the gas you should have put in in the first place. You can't do anything as well as you really could if you aren't taking care of yourself FIRST. If you never stop and prioritize self-care, you might find yourself in an even more difficult situation than you would by just making the time for it.

Sunday		Monday		Tuesday	
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice

Chart out your regular schedule and find - or MAKE - the time each day to practice some kind of self-care. Whether it's just taking a break to read a book, working on a hobby you love, taking a long bath, journal, etc., find a time each day dedicated to self-care. Then, make sure you prioritize that time! It's not optional! Put it in your calendar above and keep that appointment!

MONTH OF: \_\_\_\_\_

Wednesday		Thursday		Friday		Saturday	
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice

Notes

AS YOU START  
TO WORK  
THROUGH SOME OF THE  
MENTAL BLOCKS AND  
THOUGHTS THAT STOP  
YOU

from really pursuing self-care, it's going to bring up a lot of emotions. It may even cause any past trauma or experiences that have impacted how you approach self-care to come up. Therapy is an excellent idea to help work through deep-seated issues, but journaling is a great way to work through things on your own as well. What kind of memories, feelings, or thoughts have come up since you started on Day 1? Have you noticed specific thoughts or emotions coming up more since you've committed to self-care? Have specific memories come up that you can trace back as to why self-care might not have been as important in your past? Or maybe none of this is happening, and you're feeling really good and balanced about starting this journey! Whatever the case may be, use this space to be honest with yourself, and reflect on what's been going on inside of you since the first day of this journal.

## *Journaling Your Thoughts and Feelings*

What is the pursuit of self-care bringing up for you?"

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Why do you think the above has come to the surface?"

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What can you do about this?"

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*Don't Beat Yourself Up*

SELF-CARE IS ALL ABOUT  
SHOWING YOURSELF LOVE  
IN HEALTHY WAYS.

It shouldn't feel like a chore or be something that you dread. When these feelings come up, it's usually because your mindset might still be off-kilter. Try not to overstimulate yourself as you make the time to do things for self-care. Keep in mind that this is something you're doing for YOU, and only you. Self-care is part of loving yourself, so self-care might become something unenjoyable if you have trouble with that. Keep in mind that there are a TON of simple ways that you can practice self-care. It doesn't have to be a big production, or anything crazy. Start small, and take it one day at a time. Below are some ideas for simple acts of self-care you can try. Take a look, and fill in how you feel about each one as you do them. There is room for you to come up with a few of your own as well!

- ☐ Get up and stretch
- ☐ Drink water
- ☐ Take several deep breaths
- ☐ Observe your surroundings for things to smile about
- ☐ Go outside
- ☐ Tell yourself you're awesome
- ☐ Call a good friend just to chat
- ☐ Look up at the sky/out over the ocean
- ☐ Join an online group about something you enjoy
- ☐ Buy yourself something small

# Reaffirm Your Goals With Affirmations

REMEMBER  
YOUR GOALS  
FROM DAY 1?

Go back and check those out real quick. You can also add to them if you like! Today, we're going to turn those goals into affirmations we can speak out to set up our minds and emotions for success. We're also going to go over some general affirmations you can say to yourself as well. After you've filled in the spaces below, take time every morning to say a few of the affirmations to yourself as you prepare for your day. The way we start our days often dictates how the rest of the day will go, so it's important to do this first thing. To turn a goal into an affirmation, simply state it as a personal fact. For example, if one of your goals was to make more time for yourself, you would say, "I will make enough time for myself today and every day." We know that words are powerful, so speaking these custom affirmations to yourself will help set the stage for you to achieve your goals!

Examples of affirmations:

Try to make them more specific and personal.

- I am strong.
- I am smart.
- I matter.
- I am worthy of love.
- I love myself.
- I can handle anything that comes my way today.
- I am capable.
- I will succeed today.
- I have a positive mindset.

Just Do It

NOW THAT WE HAVE DONE  
ALL THE MENTAL AND  
EMOTIONAL PREPARATION  
FOR SELF-CARE,

it's important to understand one more thing. You have to keep moving forward! It can be easy to stop now and just give up. However, this would make you miss out on all the other parts of improving your self-care! Now is the time to break down any final walls that hold you back, and **JUST DO IT!** I believe in you, and I know you can do this.

Write down any lingering doubts you might have, and then cross them out. You can also follow that up by saying the opposite of your doubt. For example, if your doubt is, "I don't deserve self-care," scribble that out and write, "I deserve self-care."

## Journaling

Journaling is a form of self-care and reflection.

The practice of journaling can be beneficial because it allows you to express your thoughts and feelings without fear of judgment.

The benefits of journaling include: better sleep, improved relationships, increased optimism and happiness, and reduced stress. Journaling can be used as a form of self-care in times when you are feeling overwhelmed or stressed out. It is also beneficial for people who have difficulty expressing themselves verbally or in writing to use journaling as an outlet.

When you write in your journal try to turn your negative thoughts into something positive by writing them down on paper and transforming them into positive self-talk.

# Practice Mindfulness

The benefits of mindfulness are often overlooked but it is important for our mental health.

Mindfulness is an effective tool because it allows us to live in the present moment - acknowledging what's happening around us without judgment or expectation, which can help lower stress levels and improve overall well-being. When you are present in the moment, you are aware of what's going on around you and attentive to your thoughts and emotions.

This can have a significant impact on your life because it will allow you to react to what is happening in the present instead of living in fear or unnecessarily worrying about things that haven't happened yet and might not even happen.

## Body

Lie down and close your eyes. Visualize each part of your body from your toes to your head. If thoughts enter your mind, acknowledge them and continue with the exercise.

## Surroundings

Spend 1 – 2 minutes looking around you and noticing everything in your surroundings. Don't be judgmental. Don't describe the things you see but acknowledge that you see and notice them.

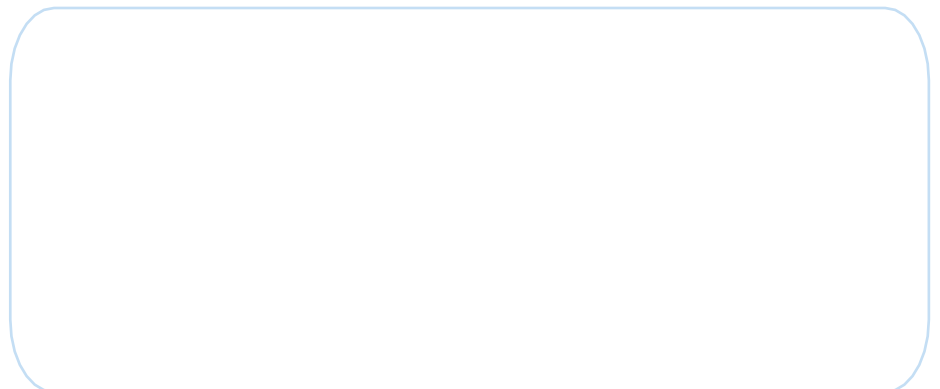
## Sounds

Close your eyes and listen to the sounds around you. Don't describe them as enjoyable or annoying but take note and notice the sounds that you didn't really notice when you were not actively listening.

## Objects

Take any object and really observe it. Look at it from close, touch it, feel it, taste it (if it is edible). Notice things you have never really noticed when you didn't take the time to study it.

How did you feel?



## Deal With Your Past

WE ALL HAVE THINGS  
THAT HAVE HAPPENED IN  
OUR PAST THAT WE  
MIGHT NOT LIKE TO  
THINK ABOUT.

However, these things impact our present whether we like it or not. If we never deal with them, this impact is usually very negative. Whether it is a trauma, a conversation, or a mistake that happened, it's important to go back and make peace with it. This will allow you to move forward and build your future on a healthier foundation. It can be difficult, and sometimes, seeing a therapist helps. Consider whether you should seek outside help as you work through these prompts.

What are some regrets, traumas, or just plain painful things in your past that you avoid dealing with? \_\_\_\_\_

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How have you seen these impact your present? \_\_\_\_\_

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Notes

# Deal With Your Past

What have you done to make peace with these things?

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If you've only forced down the memories, how can you start making peace with them?

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What advice would you give someone you care about that has gone through the same thing?

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Notes

# Deal With Your Past

Have you taken that advice yourself?

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Would you consider therapy?

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Why or why not?

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Notes



# Learn To Focus On The Positive

NEGATIVITY IS ALWAYS  
GOING TO BE  
AROUND US...

From news to lousy weather, to personal problems, and everything in between, it can be hard to remember that there is good all around too. While we shouldn't completely ignore anything negative, it's important not to focus on it. The healthiest way to process negativity is to accept it and then move on from it. Dwelling on it can throw you in a vortex of depression, anger, and even more negativity. Even in the most difficult seasons of life, there is always something positive to balance it out. Learn to see this balance and appreciate even the smallest good in the midst of the bad. This will help you carry inner peace with you and help give you strength as you live the rest of your life.

Use this journaling opportunity to reflect on how you can learn to shift your focus into a more positive direction.

What negativity have you found yourself focused on for a long time?

What new negativity have you been focused on lately?

## Notes

# Learn To Focus On The Positive

Can you identify the positives that balance out these negative things? \_\_\_\_\_

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If not, what are some separate positive things happening right now? (These can be as simple as your favorite snack being on sale at the store or finding a good parking spot!) \_\_\_\_\_

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Is finding positivity difficult for you? Why? \_\_\_\_\_

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# Learn To Focus On The Positive

Describe one or more situations when things seemed bad and turned out for the better.

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Do you commit to trying to be more positive?

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Write down that commitment here:

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YESTERDAY'S PRACTICE OF  
FOCUSING ON THE POSITIVE  
DOES NOT MEAN THAT YOU  
SHOULDN'T ALLOW YOURSELF TO  
FEEL ANY KIND OF NEGATIVE  
FEELINGS.

Feeling your emotions is HEALTHY. What's not healthy is when you focus on any one emotion. This includes both positive and negative emotions. Every day, we feel hundreds of emotions over all the stimulus we receive. Whether from a social media post, work, friends, family, etc., we are continually processing everything we experience throughout the day. This triggers all kinds of emotions over a very short amount of time. It can be hard to let yourself sit with all these emotions individually as they occur, but you must process them. Not allowing yourself to accept and let go of emotions can trigger you to suppress your emotions subconsciously. Doing this can cause a lot of health issues—both mentally and physically.

Use the space to the right to reflect on how you process your emotions and whether you should improve on how you allow space for your feelings. Rate each emotion, and then make a note on why you do or don't allow each feeling.

## Allow Space For Your Feelings

"On a scale of 1 to 5, how well would you say you avoid suppressing your feelings?"

- ① Completely suppressed – you do not allow this emotion;  
⑤ Completely open – you allow this emotion in, process it, and let it go."

① ② ③ ④ ⑤ Anger Why? \_\_\_\_\_

① ② ③ ④ ⑤ Anxiety Why? \_\_\_\_\_

① ② ③ ④ ⑤ Contempt Why? \_\_\_\_\_

① ② ③ ④ ⑤ Contentment Why? \_\_\_\_\_

① ② ③ ④ ⑤ Disgust Why? \_\_\_\_\_

① ② ③ ④ ⑤ Envy Why? \_\_\_\_\_

① ② ③ ④ ⑤ Excitement Why? \_\_\_\_\_

① ② ③ ④ ⑤ Fear Why? \_\_\_\_\_

① ② ③ ④ ⑤ Friendship Why? \_\_\_\_\_

① ② ③ ④ ⑤ Grief Why? \_\_\_\_\_

① ② ③ ④ ⑤ Guilt Why? \_\_\_\_\_

① ② ③ ④ ⑤ Indignation Why? \_\_\_\_\_

# Allow Space For Your Feelings

## NOTES

“On a scale of 1 to 5, how well would you say you avoid suppressing your feelings?”

- ① Completely suppressed – you do not allow this emotion;  
⑤ Completely open – you allow this emotion in, process it, and let it go.”

① ② ③ ④ ⑤ Interest Why? \_\_\_\_\_

① ② ③ ④ ⑤ Joy Why? \_\_\_\_\_

① ② ③ ④ ⑤ Kindness Why? \_\_\_\_\_

① ② ③ ④ ⑤ Love Why? \_\_\_\_\_

① ② ③ ④ ⑤ Pity Why? \_\_\_\_\_

① ② ③ ④ ⑤ Pride Why? \_\_\_\_\_

① ② ③ ④ ⑤ Sadness Why? \_\_\_\_\_

① ② ③ ④ ⑤ Self-Hostility Why? \_\_\_\_\_

① ② ③ ④ ⑤ Shame Why? \_\_\_\_\_

① ② ③ ④ ⑤ Shyness Why? \_\_\_\_\_

① ② ③ ④ ⑤ Surprise Why? \_\_\_\_\_

① ② ③ ④ ⑤ Trust Why? \_\_\_\_\_

## BELIEVE IT OR NOT, OTHER PEOPLE'S EMOTIONS CAN HAVE A HUGE IMPACT ON YOU

and how you live your life. However, balance is important; and while you should be considerate of others, you should not take everything they feel personally onto yourself. Taking on the emotions of others and your own is a surefire way to give yourself burnout. It also doesn't allow you to balance your emotions properly; which we learned the importance of earlier this week. Of course, if someone is happy with you for whatever reason, this is great! Just make sure you don't obsess about always making sure they stay happy with you. On the other end of the spectrum, if someone is directing a negative emotion towards you, learn to take it with a grain of salt. Obviously, if you've directly done something against this person, take responsibility, make it right, and move on. However, be sure that you don't take on that negativity and guilt for an extended period of time. Forgive yourself, and if they don't, that is not your fault as long as you've done everything you could to make it right. Everyone is dealing with their own issues, and it's important to understand that sometimes you might be the unfortunate person they project those issues onto. Use this page to reflect on how you process other people's emotions whether they're directed at you or not.

# Don't Take Things Personally

How do you react when someone directs a negative emotion at you?

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Why?

Is this reaction healthy?

If not, what can you do to change that?

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How do you react when someone directs a positive emotion at you?

Why?

Is this reaction healthy?

If not, what can you do to change that?

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Do you take on negative emotions that are not directed at you?

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Why?

Is this reaction healthy?

If not, what can you do to change that?

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Do you take on positive emotions that are not directed at you?

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Why?

Is this reaction healthy?

Do you take on positive emotions that are not directed at you?

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## *Accept Yourself For Who You Are*

SELF-ACCEPTANCE IS A  
VITAL PART OF SELF-  
CARE..

Self-acceptance means acknowledging and accepting that you are who you are. That includes accepting all your qualities and traits both positive and negative.

I felt good about myself when

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I am proud of myself for

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In the last year I accomplished

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My most important achievement is

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# Relationships

OUR RELATIONSHIPS ARE A  
REFLECTION OF WHAT WE  
ALLOW FOR OURSELVES.

This means that how you allow people to treat you is also the bar you have for treating yourself. How do the people around you make you feel in general, and about yourself? Do you feel lifted up, lighter, and refreshed after being around them? Or do you find yourself drained and exhausted, and regretting being around them? If this is a mostly negative answer, it might be time to consider cleaning out your circle! Most of us have three circles within our whole circle: the outer circle being acquaintances you hardly ever see, but you know them; the middle circle being friends, family, and coworkers you hang out with or see sometimes; and the inner circle is your closest family and friends that you trust the most.

In the section on the right, fill in the two circles with names of people you know. One circle should have people that lift you up, and the other should have people that bring you down. Under each, write down why you placed each person where you did. Be very honest with yourself for this exercise.



# Don't Be Afraid To Set Boundaries

BOUNDARIES ARE A VITAL PART  
OF SELF-CARE.

You have to set them and keep them set with yourself, and the people you surround yourself with. A boundary can be anything from simply saying no to a request, to flat out not allowing something to happen in your presence. Think of yourself like your house... You wouldn't let someone come in and break all your favorite dishes, would you? That's a boundary! People **MUST** be polite and respectful when they're in your home. The same should hold true with what you tolerate for yourself. Do not allow people to speak down to you, disrespect you, lie to you, abuse you, etc. This is a **GOOD** and **HEALTHY** practice to get into. You do not deserve to be mistreated, and you are allowed to confidently draw the line against that kind of behavior. This can be difficult to start doing, especially if you have a habit of letting people walk all over you. However, it is vital to your self-care journey. Understanding your value means that you can see when others don't, and address it. Look back at your Negative Circle from yesterday, and make a list of what put each person in that circle. Be as specific as you can, and then see what you can do about each of these unacceptable behaviors.

[illegible]

CHANCES ARE, SOME OF THE THINGS YOU  
WROTE IN THE LIST YOU MADE  
YESTERDAY INVOLVED TALKING TO THE  
PEOPLE THAT MAKE YOU FEEL LOW.

However, sometimes, this isn't enough to make people change their behavior towards you. This is when it's important to know when it's time to let go. NOTE: If you are being physically abused, or feel that your life is at risk for any reason, contact your local authorities immediately, and relocate to a safe place if possible. Outside of physically abusive and other dangerous situations, it is usually relatively simple to let go of relationships that refuse to stop tearing people down. Of course, you may want to communicate with these negative people to give them a chance to change. This is fine, but you need to make sure that they respect the boundaries you set forth and communicate how their behavior impacts you. Most people will not realize they are hurting you and will change immediately as they become more mindful of that. Keep in mind this is the response of most people. Some will refuse to respect your boundaries or respect you. These are the people you need to let go of. This looks different for everyone. You may decide to slowly taper off how often you see them until they fall out of your circle. Or you can take the more direct approach and simply cut them off of all social media and in person interaction. It's entirely up to you. However, you must do it when necessary. Know that you are allowed to choose who comes into your circle, and that you are worthy of being treated with the same respect you give to others.

Use the space to the right to write out your steps to letting someone go from your life.

## Know When It's Time to Let People Go

How many times will you talk to someone before you  
decide it's time for them to go? \_\_\_\_\_

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What do you do or say when someone crosses a  
boundary you have set? \_\_\_\_\_

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What behaviors are so unacceptable that they result in  
an immediate let go? \_\_\_\_\_

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What is your process of letting someone go? \_\_\_\_\_

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Are you hesitant to let anyone go, no matter what they  
do? \_\_\_\_\_

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# Know When It's Time to Let People Go

Why?

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What would you advise a close friend to do if they were being treated the way you are by some of your Negative Circle?

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Have you followed this advice in your own life?

If not, why?

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## WHEN IT COMES TO ENFORCING BOUNDARIES, FAMILY IS PROBABLY THE MOST DIFFICULT TO DEAL WITH.

However, it is important to hold them to the same standards as the rest of your circle. Unfortunately, family is often held the least accountable for their behavior, while also most likely to hurt us. This is why it's very important to be communicative about your boundaries, feelings, and needs when it comes to your family. Sometimes it's hard, but it'll be worth it to get everything out in the open! Letting things fester and get bottled up can lead to unhealthy outbursts, and even fallings-out. If you find it difficult to express yourself to your family, use the space below to work out why; and how you can work on opening that line of communication. Doing this and following through will lead to healthier relationships with your family; and help you to build confidence in showing yourself-care and love.

## *Family Is Not Immune To Boundaries*

• Who is someone in your family that you find it difficult to express yourself to? \_\_\_\_\_

What would you say to them if you weren't afraid? \_\_\_\_\_

How can you work on being more open with this family member, so they will understand your boundaries? \_\_\_\_\_

• Who is someone in your family that you find it difficult to express yourself to? \_\_\_\_\_

What would you say to them if you weren't afraid? \_\_\_\_\_

How can you work on being more open with this family member, so they will understand your boundaries? \_\_\_\_\_

Notes

# Be Kind

WHILE IT'S IMPORTANT  
TO STAND UP FOR  
YOURSELF AND SET  
BOUNDARIES WITH  
THOSE IN YOUR CIRCLE,

it is also necessary  
to behave in a way  
that earns that kind  
of respect. You  
cannot be a rude,  
hateful person and  
expect others not to  
give that behavior  
back to you. Like the  
way you allow people  
to treat you, the way  
you treat others  
reflects how you feel  
about yourself. Use this  
space to reflect on  
how you treat those  
around you--whether  
they are part of your  
circle or not.

How do you treat your friends?

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How do you treat your coworkers?

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How do you treat your family?

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How do you treat people in the service industry? (servers, repair people,  
retail workers, etc.)

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How can you improve on these if needed?

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# Purge Social Media

# THESE DAYS, THE INTERNET

is very possibly one of our most turbulent relationships of all. Headlines and other posts can provoke all kinds of emotions in a very small amount of time. Just five minutes of scrolling through social media can make you feel drained and exhausted for the rest of the day sometimes. It can also sometimes feel like you can't say what you genuinely feel online without getting backlash from someone or another. All in all, social media is very important to balance vigilantly. While it's a fantastic way to stay connected to people and groups that aren't local, it can also become a terrible cycle of negativity. Think about how you feel after looking through your socials. Do you find it to be something that refreshes you and boosts your mood? Or does it drain you, and make you feel dragged down? Use this space to reflect on your social media habits and see if you need to clean out your friend/follow lists. Make a list of which platforms you use, and fill in how each makes you feel with the chart. Then, make notes about how you can purge your socials and make changes to create a better relationship with your internet circle.

Notes

MOST OF US ARE  
EITHER LOOKING  
FOR LOVE OR HAVE  
FOUND IT ALREADY.

A romantic relationship is something many find themselves having at one time or another. However, self-care is an important part of having a healthy romance. The better you know how to take care of yourself, the more prepared you are to care for your partner as well. Whether you're looking for love or already in love, a little self-care can still work wonders! When you're caring for yourself, it helps you to be more open, positive, nurturing, and healthy for your relationship. Practicing proper self-care also helps to show you what you want and need from a romantic relationship. It can also show you how you and your partner can practice self-care together and grow even more healthy as a unit. Whether you're in a relationship right now or not, use this space to list out the things you want from a romantic relationship, as well as what you can bring into it. If you're in a relationship, note whether it is living up to your list... If it isn't, it might be time to talk with your partner to build a better relationship together.

## Romance Needs Self-Care Too

What do you want from a romantic relationship?

What do you need from a romantic relationship?

If you're in a current relationship, does it live up to the above?  
If not, what can you do to change that?

# Self-Care Is Physical

TAKING CARE OF  
YOURSELF PHYSICALLY IS  
THE FINAL ASPECT OF  
SELF-CARE.

Making sure your body is healthy and well taken care of is so important! If your body isn't healthy, your mind and spirit can't be either, and vice versa. All aspects of self-care work together to make sure you as a whole person are as healthy as possible. What does physical self-care look like to you right now? What are your physical self-care goals? Are you working to reach those goals? Why or why not? Use this space to reflect on your physical self-care, write down what you want to accomplish with it, and how you're going to do that. We'll be using the rest of this week to create a schedule of the different aspects of physical self-care, so be as detailed as you can!



# Hygiene

HYGIENE INVOLVES ALL  
THE WAYS YOU KEEP  
YOUR BODY CLEAN  
ON THE OUTSIDE.

Bathing, brushing your hair, taking care of your teeth, trimming your nails, etc., are all examples of practicing self-care with hygiene. Whatever you do to care for your physical appearance and cleanliness is hygienic self-care. This is important to keep up with because when we aren't clean or in touch with our bodies, serious health issues can occur. A minor cut can become infected, hair can become matted, teeth can become diseased, and your overall chances of getting sick will spike--you get the idea. If you find yourself struggling to practice good hygiene, use the space below to create a daily schedule for yourself for when you'll practice it, and how.

## Notes

# Diet

## WHAT WE EAT DIRECTLY IMPACTS OUR HEALTH,

so diet is a huge part of physical self-care. If you're filling your body with bad fuel, you won't be able to properly take care of yourself or the rest of your responsibilities.

Eating healthy foods and staying hydrated is how you can practice self-care with your diet. Talk to your doctor, and/or a licensed nutritionist if your body has any special needs or a lot of allergies, to find out what kind of diet is best for you, specifically. While the right diet for you can vary, the amount of water we all need is the same concept for everyone... Take your weight in pounds, and drink half of that in ounces each day. For example, if you weigh 100 pounds, you would need to drink 50 ounces of water daily. Use the space below to create a meal plan for yourself. Don't be afraid to be creative! Find recipes that are good for you, and that you will still enjoy; and don't forget to add in healthy snacks and water for each day as well. You can reuse this again and again, and planning it out will help you stick to a healthy diet that's good for you.

Weekly Meal Plan		Grocery List
Sunday	B:	<input type="text"/>
	L:	<input type="text"/>
	D:	<input type="text"/>
	S:	<input type="text"/>
Monday	B:	<input type="text"/>
	L:	<input type="text"/>
	D:	<input type="text"/>
	S:	<input type="text"/>
Tuesday	B:	<input type="text"/>
	L:	<input type="text"/>
	D:	<input type="text"/>
	S:	<input type="text"/>
Wednesday	B:	<input type="text"/>
	L:	<input type="text"/>
	D:	<input type="text"/>
	S:	<input type="text"/>
Thursday	B:	<input type="text"/>
	L:	<input type="text"/>
	D:	<input type="text"/>
	S:	<input type="text"/>
Friday	B:	<input type="text"/>
	L:	<input type="text"/>
	D:	<input type="text"/>
	S:	<input type="text"/>
Saturday	B:	<input type="text"/>
	L:	<input type="text"/>
	D:	<input type="text"/>
	S:	<input type="text"/>

# Sleep

SLEEP IS NECESSARY BUT  
NOT ALWAYS THE EASIEST  
TO ACHIEVE FOR  
EVERYONE.

The average adult needs between seven and nine hours of sleep every day to function as efficiently as possible. Lack of sleep can cause a lot of health issues, and can also make even the simplest tasks more difficult. When you don't get enough sleep, your brain and body functions slow down, and it gets harder to think clearly and handle your responsibilities effectively. Getting enough sleep is very important, so making sure your schedule can facilitate that is a way to practice self-care. A few ways you can improve your sleep are:

- Unplugging an hour before your

bedtime. This means no screens in bed, and just taking time to wind down without any extra stimulation.

- Avoiding caffeine and sugar for about 3-5 hours before bedtime. This ensures that you aren't keeping yourself awake with energy you don't really need.

- Make sure your bedroom is a peaceful place. A comfortable space can help you fall asleep faster, and stay asleep.

Use the space below to set up a schedule of getting ready for bed, making sure you have enough time to sleep for 7-9 hours, and list out any bad habits that you need to quit to improve your sleep.

Sunday		Monday		Tuesday	
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule

MONTH OF: \_\_\_\_\_

Wednesday		Thursday		Friday		Saturday	
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule

Notes

# Exercise

EXERCISE PAIRED WITH A  
PROPER DIET KEEPS  
YOUR BODY HEALTHY  
AND STRONG.

Staying active helps improve heart health, muscle strength, joint health, and even mental health and more! Speaking with your doctor and/or a personal trainer is a great way to find out what kind of workout style is best for you. It's also important to note that if exercise isn't something you've kept up with in the past, you need to start small and not push yourself too hard. Doing a little bit every day and slowly building up your endurance is the best way to practice self-care with exercise. Everyone's limits and abilities are different, so use the space below to schedule out your fitness goals for a month. Write down what kinds of exercises you want to do, how long, and when for each day. Don't forget to take it easy on yourself at first, and consult with a professional to get tailored advice for you.

Sunday		Monday		Tuesday	
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule

Notes

MONTH OF: \_\_\_\_\_

Wednesday		Thursday		Friday		Saturday	
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule
Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule

Notes

FOR DIET AND EXERCISE  
DAY, WE TALKED ABOUT  
CONSULTING WITH  
YOUR DOCTOR FOR  
ADVICE.

Keeping up with regular checkups and appointments is another way you can practice self-care. It is also essential to go to the doctor when you notice anything off with your body. Lumps, new marks, chronic pain, slow healing, blurred vision, anything that comes on suddenly, etc. are all reasons you should see your doctor. However, we all need regular checkups for different things, and these need to be kept up with. For example, if you wear glasses, you should see the eye doctor every year to monitor your eyes' progress. Or, if you're a female, you need to make sure to see a gynecologist periodically to check your reproductive health with pap smears and mammograms. We all have different needs, and we must see the right doctors for these needs. Use this space to write down the doctor's appointments you need to make for your health this year.

## Medical Care

Jan	
Feb	
Mar	
Apr	
May	
Jun	
Jul	
Aug	
Sep	
Oct	
Nov	
Dec	

# Your Space

## MAKE SURE YOUR HOME/SPACE IS CLEAN AND DECLUTTERED

The state of your living space is a reflection on how much you care for yourself as a person. Cleaning your room, keeping things organized, arranging your workspace, and even making your bed is all part of taking care of your living space. When your space(s) is clear, you can more easily find things you need, you don't have to worry about tripping over things, and you don't have to deal with the issues that come from messiness. Clutter leads to all kinds of issues from pests, to mold, to stress, and more. However, having a cleaning schedule is important for keeping up with this part of self-care. Use this space to create your own cleaning schedule, so you can show yourself love by making sure where you live is clear of clutter and other messiness.

Sunday		Monday		Tuesday	
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule

Notes



MONTH OF: \_\_\_\_\_

Wednesday		Thursday		Friday		Saturday	
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule

Notes

Journal

# IT'S YOUR LAST DAY OF THIS 30-DAY SELF-CARE JOURNAL!

Congratulations for getting to the end! Today is a day for you to reflect on what you've learned so far, and to set your intentions on keeping up with the good habits you learned over this month. Use the journal prompts to do this...

## Reflection

What have you learned about yourself over these 30 days?

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How do you feel today versus Day 1?

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How will you continue forward with any of the self-care habits you've learned?

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