

# MY SELF-CARE ROUTINE

Self-Care Activity Ideas			
Physical	Emotional	Mental	Growth
Exercise	Mind Dump	Journaling	Hobbies
Balanced Diet	Saying No	Meditation	New Skills
Pampering	Affirmations	Devotional	Habits
Grooming	Therapy	Podcast	Socialize
Stress Relief	Kindness	Reflection	Goal Setting

**Directions:** Fill the box below with ideas for your self-care routine. If you need inspiration, check the ideas above. If you're still having trouble coming up with activities, try completing the following sentences:

**I feel confident and empowered when I...**

**I get irritated when I don't have time to...**

**I feel the most guilty when I procrastinate on...**

**I feel bad about myself when I put off doing...**

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Physical	Emotional	Mental	Growth

**Next Step:** Use your ideas to create your own self-care routine. Go through each idea and ask if it is realistic to be done daily, weekly, or monthly and list it under the corresponding heading in the box below. For ideas that aren't feasible, cross them off your list.

My Self-Care Routine		
Daily	Weekly	Monthly