



# Self Care Planner + Tracker

# Nighttime Routine

Electronics Off Time: \_\_\_\_\_

First Non-Negotiable: \_\_\_\_\_

Time Duration: \_\_\_\_\_

Second Non-Negotiable: \_\_\_\_\_

Time Duration: \_\_\_\_\_

Optionals: \_\_\_\_\_

Bedtime: \_\_\_\_\_

# Morning Routine

Wake Up Time \_\_\_\_\_

First Non-Negotiable: \_\_\_\_\_

Time Duration: \_\_\_\_\_

Second Non-Negotiable: \_\_\_\_\_

Time Duration: \_\_\_\_\_

Optionals: \_\_\_\_\_

\_\_\_\_\_

# Weekly Tracker

**AFFIRMATION FOR THE WEEK AHEAD:** \_\_\_\_\_

**DATES:** \_\_\_\_\_

**THREE MOST IMPORTANT INTENTIONS FOR THE WEEK AHEAD:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

## Weekly Planner:

**MON / TUE / WED /**

**THU / FRI / WEEKEND /**

## Sacred Self Care Activities:

ACTIVITY	SUN	MON	TUE	WED	THUR	FRI	SAT

## Weekly Reflection:







**WAS I ABLE TO ACTUALIZE MY INTENTIONS FOR THE WEEK?**

**DID I FULLY COMMIT TO MY SACRED SELF CARE RITUAL?**

**WHAT LESSONS DID I LEARN THIS WEEK THAT CAN HELP ME DO BETTER NEXT WEEK?**

[illegible][illegible][illegible][illegible][illegible][illegible][illegible]

# Mood Tracker

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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EACH DAY CIRCLE THE DOT NEXT TO THE MOOD YOU EXPERIENCED THE MOST THROUGHOUT THAT DAY. AT THE END OF THE MONTH CONNECT THE DOTS FROM 1-31 TO SEE HOW YOUR MOOD CYCLES. YOU CAN COMPARE THIS TO YOUR SACRED SELF CARE ACTIVITY TRACKER TO SEE WHAT FEELINGS ARE RELATED TO SPECIFIC SELF CARE ACTIVITIES

WHAT MOOD OR MOODS DID I EXPERIENCE MOST THIS MONTH?

WHAT TRENDS DO I NOTICE IN MY MOODS?