

Self-Care Planner

A Touch of Homeschooling

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Self-Care Ideas

- *Build a support network*
- *Get a workout in*
- *(Re)Discover a new hobby*
- *Indulge in some personal care*
- *Get enough sleep*
- *Step away for a little bit*
- *Catch up on a good book*
- *Get outside*
- *Get out of the house*
- *Journal*
- *Give yourself a massage*
- *Use some essential oils*
- *Take an online course*
- *Meditate*
- *Stretch*
- *Declutter a small space*
- *Listen to a podcast*
- *Make healthy eating choices*
- *Take a bubble bath*
- *Indulge in your creative side*
- *Make a playlist of your favorite songs*
- *Dress up nice just for you*
- *Binge-watch a favorite TV show*
- *Create a vision board*
- *Plan a future trip*