

Self-Care Planner for Moms

Schedule moments of rest, joy, and recovery into your busy life

Self-care isn't selfish — it's necessary for your wellbeing and the wellbeing of your family. Use this planner to intentionally schedule small moments of joy, rest, and recovery throughout your week.

Remember: Even 5-10 minute breaks can make a significant difference in your energy levels, mood, and overall resilience as a mom.

Print This Planner

Mom's Self-Care Planner

Because you deserve moments that are just for you

Week of: _____

My focus this week: _____

"Taking care of yourself doesn't mean me first, it means me too."

— L.R. Knost



Physical

- Movement that feels good
- Nourishing foods
- Adequate sleep
- Hydration



Mental

- Mindfulness practice
- Learning something new
- Set boundaries
- Positive self-talk



Emotional

- Journal feelings
- Connect with a friend
- Allow yourself to feel
- Practice gratitude

Rest when tired

Mental break from tasks

Laugh or cry if needed



Spiritual

- Time in nature
- Prayer or meditation
- Reflection time
- Creative expression
- Finding meaning in daily life

Weekly Self-Care Time Blocks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Favorite Self-Care Moments This Week

Day: Duration:

Day: Duration:

Day: Duration:

Day: Duration:

Weekly Reflection

How did I feel after taking time for myself this week?

What self-care activity had the biggest positive impact?

What obstacles got in the way of my self-care this week?

How can I better prioritize my needs next week?

Quick Self-Care Ideas for Busy Moms

When you only have 5-15 minutes

Take 5 deep breaths before responding to each demand

Enjoy a cup of tea without multitasking

Step outside for fresh air, even just for 2 minutes

Listen to one favorite song and fully enjoy it

Apply a luxurious hand cream and massage your hands

Write down 3 things you're grateful for today

Stretch your body for 5 minutes

Text a friend just to connect

Read a few pages of a book you enjoy

Put on lipstick or perfume just for yourself

Say "no" to one non-essential request

Take a social media break for one day

Look at photos that make you happy

Give yourself a 2-minute facial massage

Dance to one song in your kitchen

Remember: Small moments of self-care add up to significant improvements in your wellbeing over time. You deserve to be cared for too.