**Weekly Self-Care Overview**

Think about what you need in key areas of your life this week.

**Self-Care Planner Doc**

A simple guide to caring for yourself with intention

**Category What I need this week**

Physical Action you can take here

Mental Action you can take here

Emotional Action you can take here Social Action you can take here

Spiritual Action you can take here

**Self-Care Habit Tracker**

List ﬁve habits you’d like to track throughout the week. You can include the wellness actions from above.

S M T W TH F S **Habit**

 Drink enough water

 Get 7-8 hours of sleep

 Walk for 1 hour

 Take screen break

Another habit here

**Weekly Reﬂection**

# This week’s intention:

*What mindset or energy do you want to carry this week?*

# One thing I’m looking forward to:

*Name something small or big that brings you joy, comfort, or excitement.*

# Check-in:

 I felt best when

 I want to continue  Next week, I’ll try to

**Credits**

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for the template

Pexels, Pixabay

for the photos