



Self-Care Routine

Directions: Look at the sample below. Complete your own self-care routine. If you need inspiration, 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...

Physical	Emotional	Mental	Growth
Well Dressed	Boundaries	Mindfulness	Organized
Taking Vitamins	Therapy	Journaling	Goals
Drinking Water	Positive Affirmations	Reading	Learning
Get enough Sleep	Talking about feelings	Art Making	Clubs
Exercise	Socialization	Puzzles	Hobbies

My Self-Care Activity Ideas

Physical	Emotional	Mental	Growth

My Self-Care Routine

Daily	Weekly	Monthly