



The Self Care Toolkit

A COMPLETE GUIDE FOR A SUSTAINABLE SELF CARE ROUTINE



Self Care Guide for 2019

FOR KINDNESS, LOVE, & INSPIRATION

Self-care is the combinations of many little things & tiny habits which you like to do and enjoy yourself.

It is the foundation to improve your mind, body, and soul.

Psst - You got this!!

xo, Patricia

SETTING TONE

DESCRIBE YOUR CURRENT SELF CARE ROUTINE

OTHER THAN YOURSELF,
WHO ELSE WOULD BENEFIT
FROM YOUR SELF CARE?
HOW?

WHAT HAS HELD YOU BACK
FROM PRACTICING SELF
CARE IN THE PAST?

SETTING TONE

T H E W H Y B E H I N D

HOW WOULD YOUR LIFE
BENEFIT FROM 30 DAYS OF
SELF CARE?

WHAT WOULD YOUR LIFE
LOOK LIKE AFTER 30 DAYS
OF SELF CARE?
GET SPECIFIC!

WEEKLY SELF CARE INCORPORATION

THIS WEEK'S GOALS

01 _____

02 _____

03 _____

TOP 5 HEALTHY HABITS

	M	T	W	T	F	S	S
01 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF-CARE IS GIVING THE WORLD THE BEST OF YOU, INSTEAD OF WHAT'S LEFT OF YOU.
— KATIE REED

SELF CARE SCHEDULING

	WHEN?	WHAT?
MON	<input type="text"/>	<input type="text"/>
TUES	<input type="text"/>	<input type="text"/>
WEDS	<input type="text"/>	<input type="text"/>
THURS	<input type="text"/>	<input type="text"/>
FRI	<input type="text"/>	<input type="text"/>
SAT	<input type="text"/>	<input type="text"/>
SUN	<input type="text"/>	<input type="text"/>

WEEKLY SELF-CARE TRACKER

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WAKE UP TIME							
MOOD							
ENERGY LEVEL							
GRATITUDE							
HYDRATED							
BED TIME							
HRS OF SLEEP							

THIS WEEK'S ACCOMPLISHMENTS

Handwriting lines for recording accomplishments.

DAILY SELF CARE JOURNAL

PRACTICE GRATITUDE

01

02

03

THOUGHTS
FOR THE DAY

WHAT ARE YOU MOST PROUD OF?

WHAT COULD HAVE BEEN BETTER?

SELF CARE PROGRESS FOR THE WEEK



SELF-CARE ROUTINE PROGRESS

PRIMARY GOAL FOR THE NEXT 30 DAYS

MON

TUES

WEDS

THURS

FRI

SAT

SUN

WHAT DID YOU DO TO TAKE CARE OF YOURSELF TODAY?



Daily Self Care

FOR CONSISTENT NURTURING

Current Self Care

IN THIS SECTION, WE'LL EXPLORE WHAT YOUR CURRENT SELF CARE ACTIVITIES ARE AND HOW OFTEN YOU PRACTICE EACH.

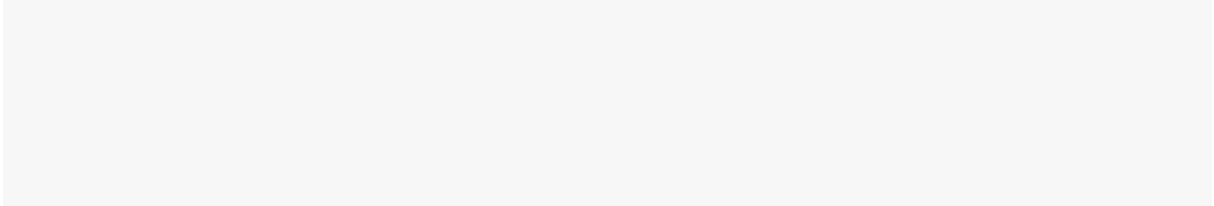
THERE IS ALSO A SECTION TO JOT DOWN NOTES WITH EACH. YOU CAN NOTATE YOUR FAVORITES THAT YOU'D LIKE TO PRACTICE MORE, OR YOU CAN NOTATE ONES THAT ARE JUST TOO DIFFICULT TO FIT INTO YOUR SCHEDULE NOW.

ACTIVITY	HOW OFTEN?	NOTES
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
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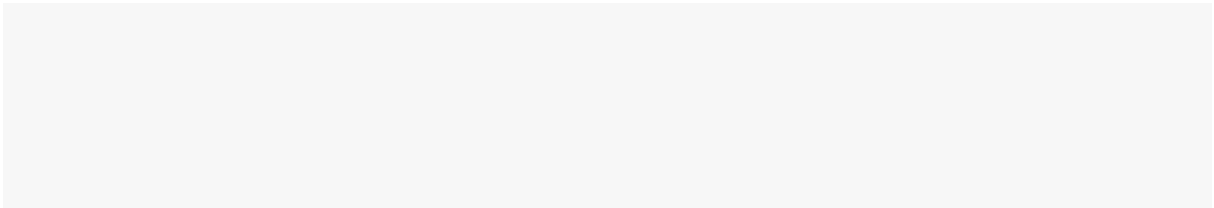
Ideal Self Care

IN THIS SECTION, SET ASIDE SOME TIME TO YOURSELF TO FILL IN EACH BOX. ALLOW YOURSELF TO THINK WITHOUT YOUR CURRENT LIMITATIONS.

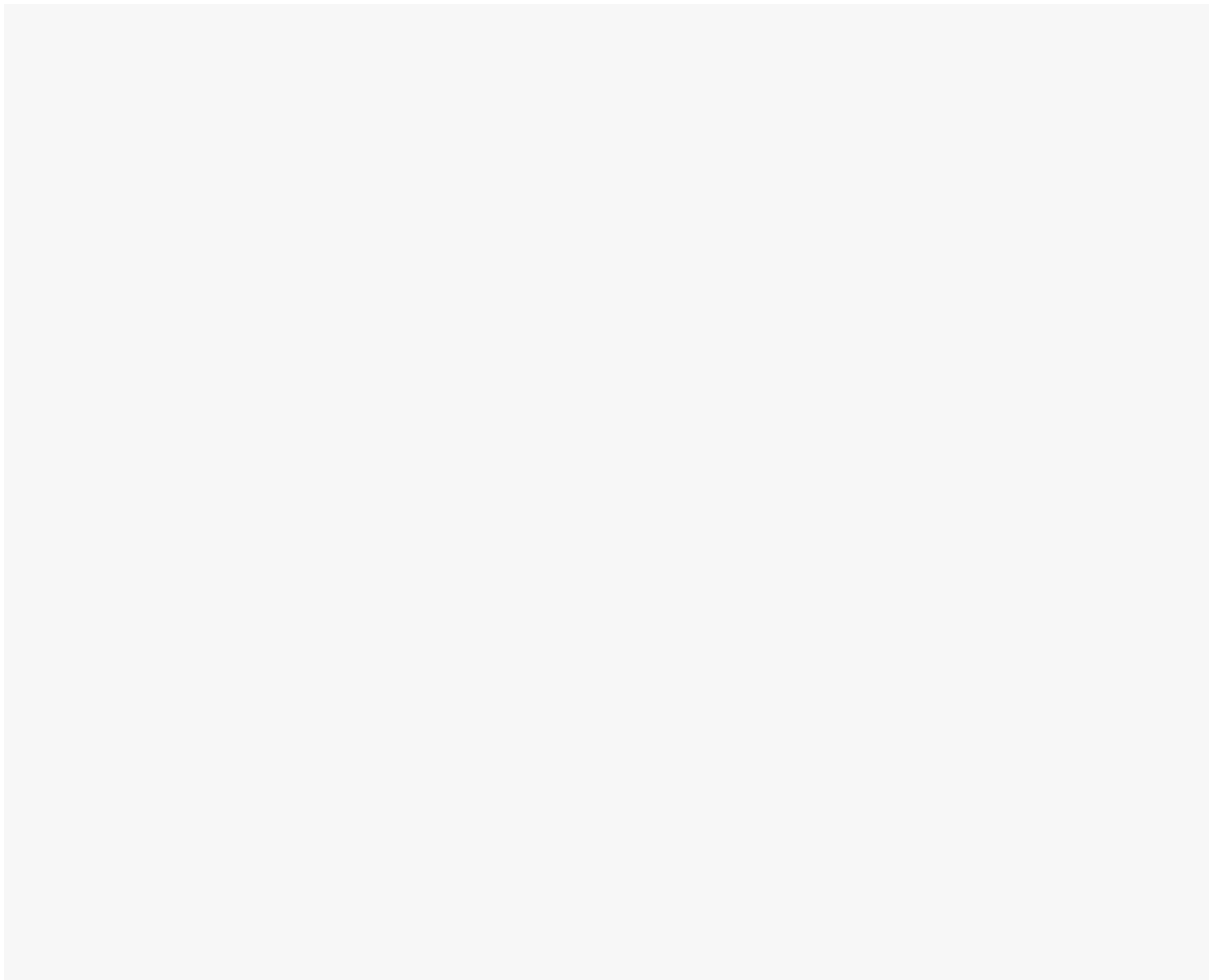
WHAT DOES SELF CARE MEAN TO YOU



WHAT IS YOUR IDEAL SELF CARE DAY



DESCRIBE WHAT WOULD A SUCCESSFUL SELF CARE DAY LOOK LIKE



Planning Self Care

IN THIS SECTION, SET ASIDE SOME TIME TO YOURSELF TO FILL IN EACH BOX. BRAINSTORM IDEAS OF WHERE TO SCHEDULE YOUR IDEA AND HOW.

SELF CARE IDEA

HOW CAN YOU SCHEDULE IT?

Planning Obstacles

IN THIS SECTION, SET ASIDE SOME TIME TO YOURSELF TO FILL IN EACH BOX AND YOUR CORRESPONDING PLAN TO HELP OVERCOME EACH OBSTACLE.

YOUR OBSTACLE

YOUR PLAN

Daily Self Care

LIST 3 SMALL ACTIONS YOU CAN TAKE NOW
TOWARDS CONSISTENT SELF CARE

WHAT IS A SELF CARE IDEA THAT YOU WISH YOU COULD PRACTICE
BUT HAVE NOT BEEN ABLE TO?

SELF CARE ROUTINES TAKE CONSISTENCY AND PRIORITIZATION.
WHAT WILL YOU DO TODAY TO SET SELF CARE AS A PRIORITY?

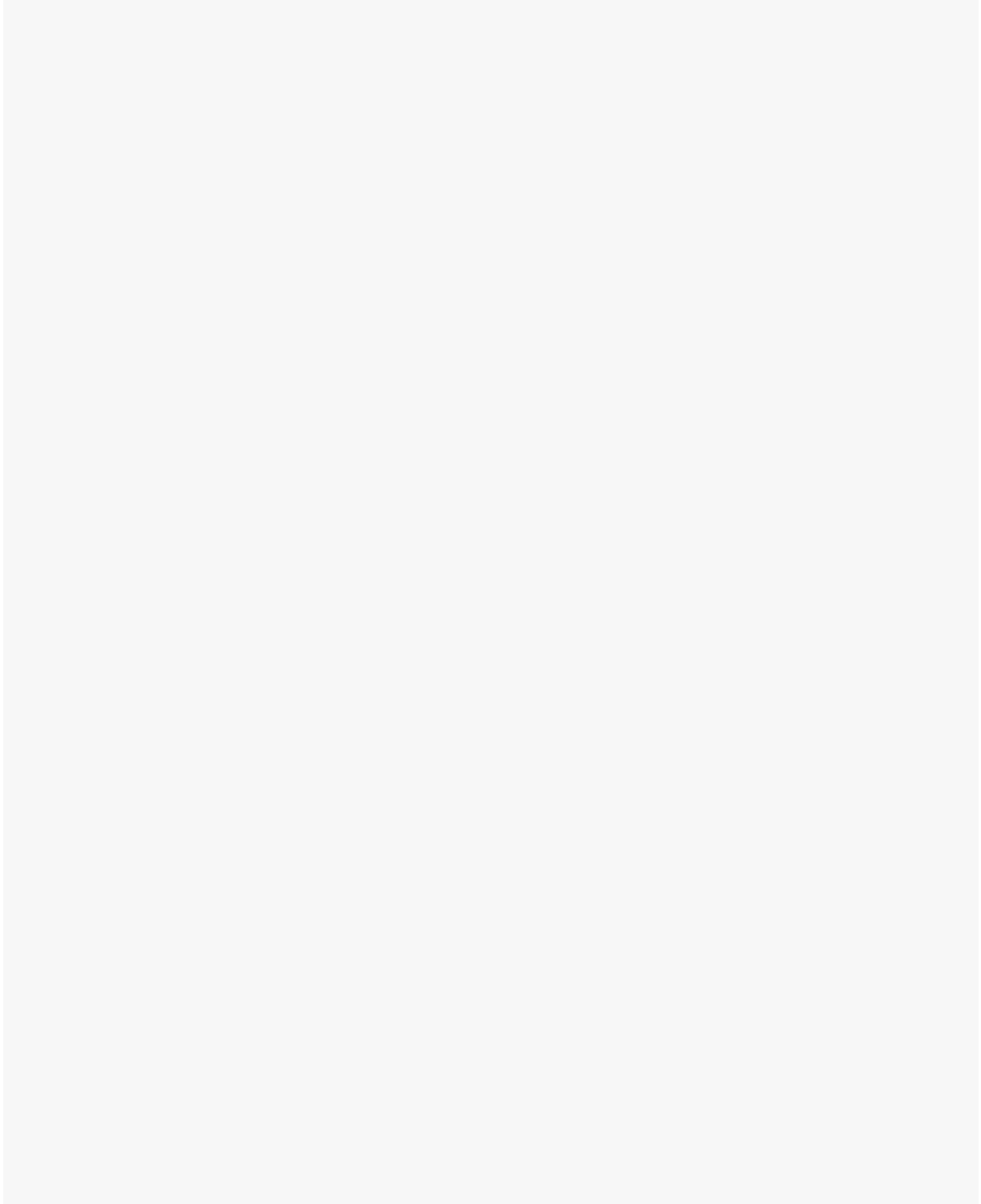


Reflection Worksheet

FOR GRATITUDE, IMPROVEMENT, & INSPIRATION

Daily Goal

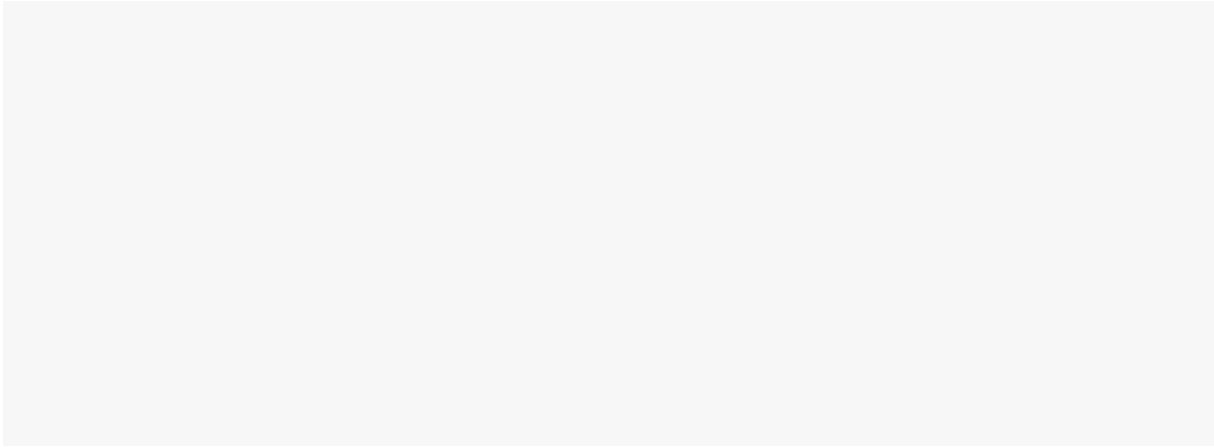
IN THIS SECTION, DESCRIBE YOUR GOAL FOR THE DAY IN DETAIL. WHAT YOU'RE PURSUING, WHY YOU'RE PURSUING IT, AND WHAT IT WOULD MEAN TO YOU IF YOU ACHIEVED IT.



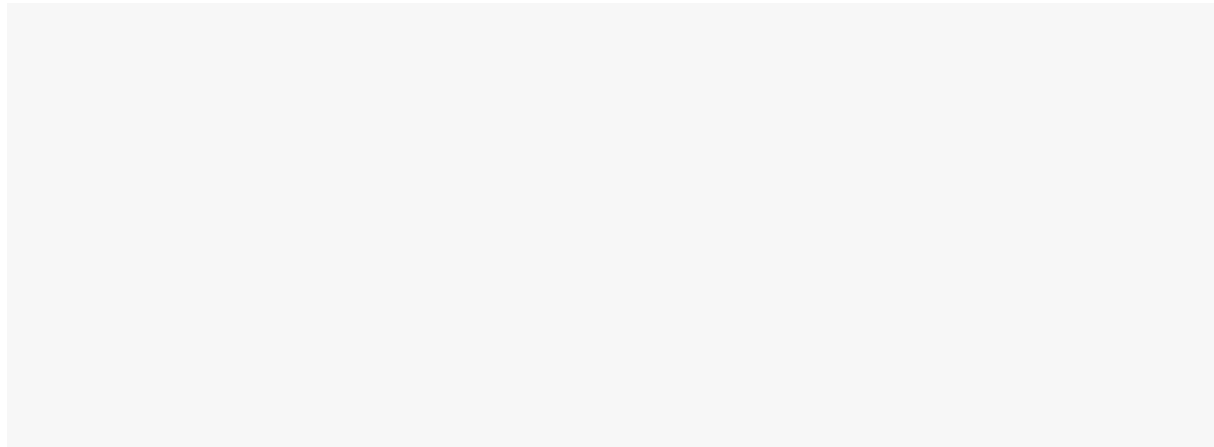
Inspiration & Gratitude

WITHIN THIS SECTION, EXPLORE WHAT YOU ENJOYED ABOUT THE DAY BY THE TIME OF DAY. FOR EACH TIME OF DAY, WRITE OUT THE OVERALL EMOTION THAT YOU EXPERIENCED DURING THIS MOMENT.

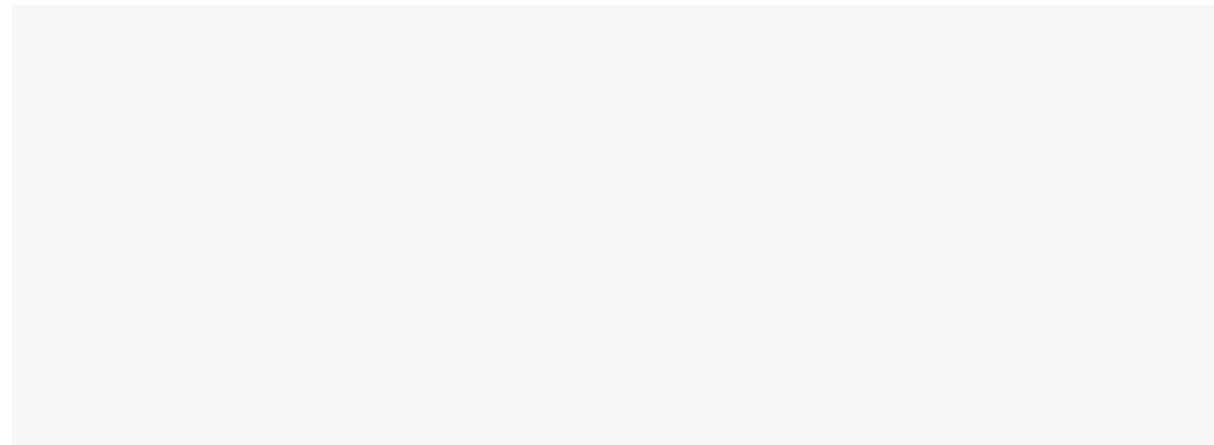
MORNING EMOTION:



AFTERNOON EMOTION:



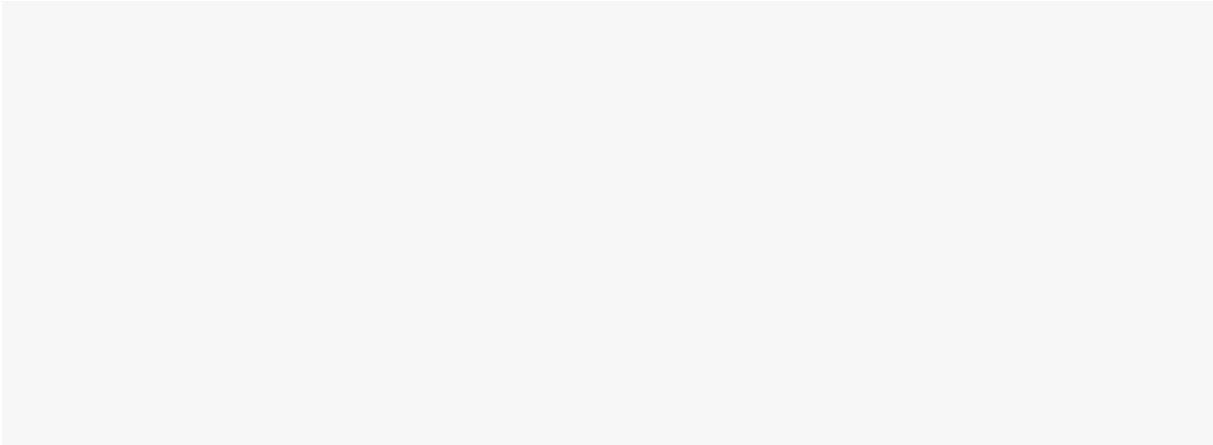
EVENING EMOTION:



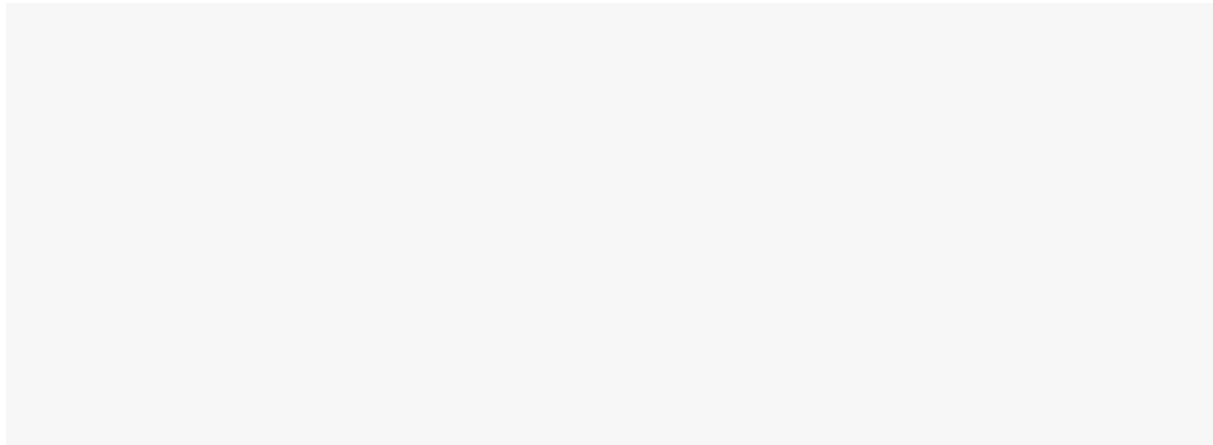
Growth & Bloom

USE THIS SECTION TO DESCRIBE YOUR OPPURTUNITIES AND WHERE YOU CAN IMPROVE FOR THE NEXT DAY. AS WITH YOUR JOYOUS MOMENTS, DESCRIBE WHERE YOU CAN GROW AND BLOOM BY THE TIME OF DAY.

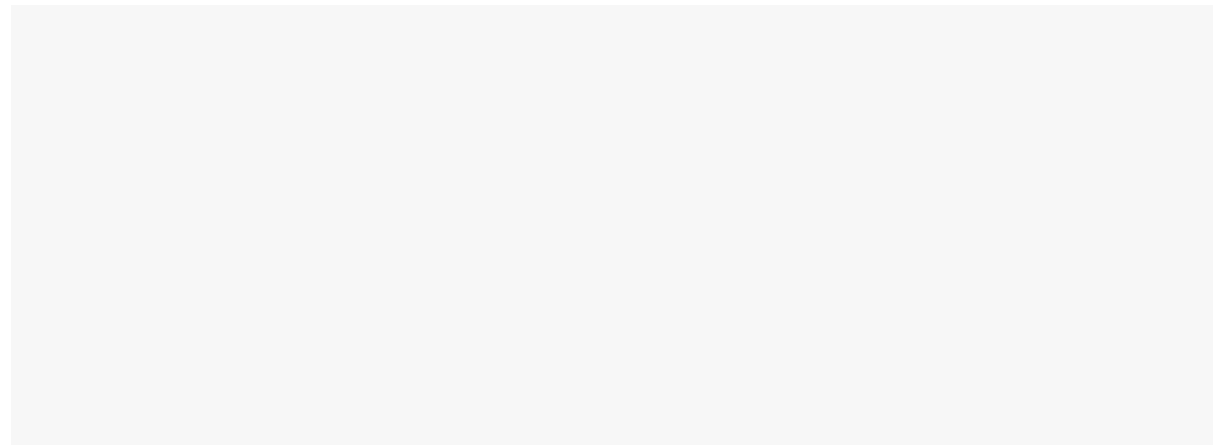
MORNING



AFTERNOON



EVENING



Top Priorities

EACH DAY, WRITE OUT YOUR TOP PRIORITIES THAT COME BEFORE POP-UP TASKS. IN EACH BOX, DESCRIBE YOUR ACTION PLAN FOR ACCOMPLISHING THEM.

Notes

USE THIS SECTION TO WRITE OUT PLANS, IDEAS, AND NOTES

A large rectangular area with horizontal lines for writing notes. The lines are evenly spaced and cover the majority of the page's width and height, providing a structured space for the user to write out plans, ideas, and notes.

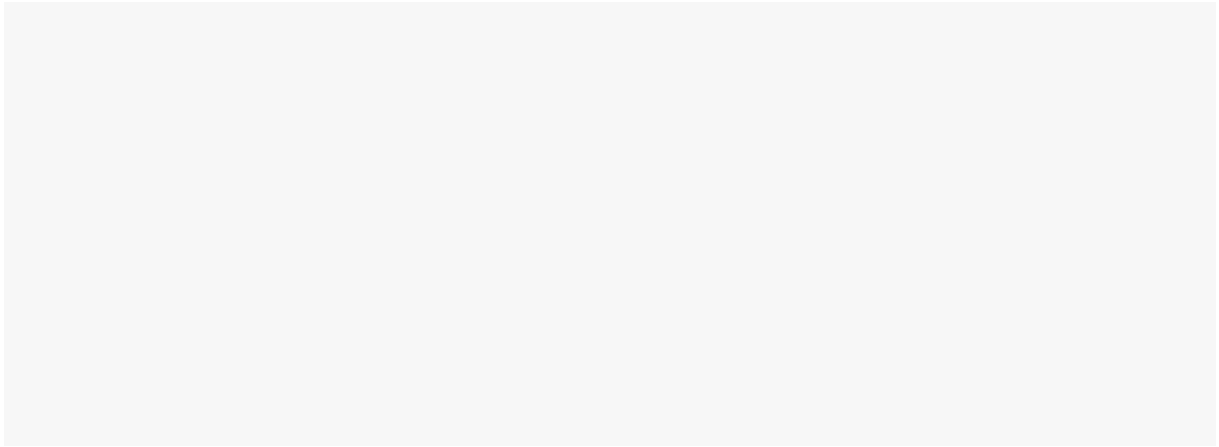


Balanced Self Care

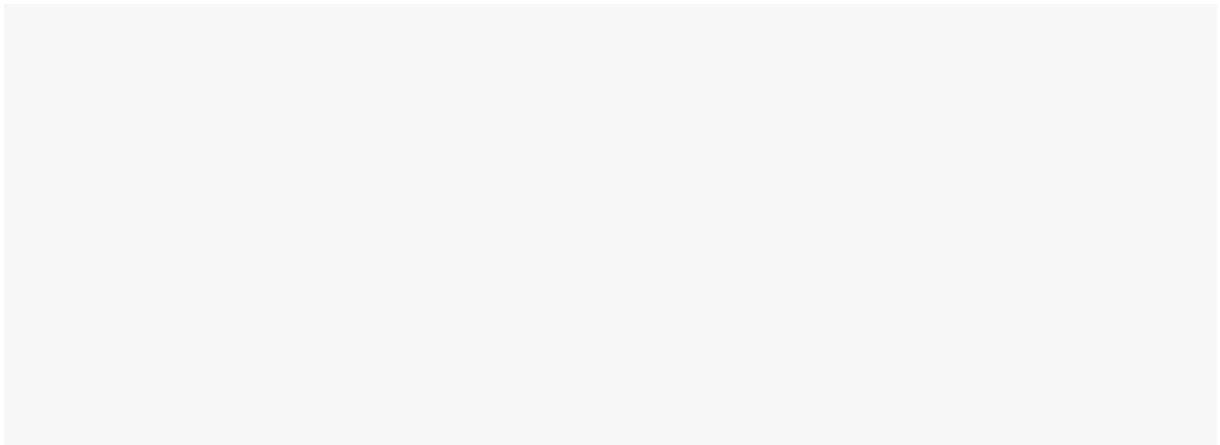
WITH AN INCONSISTENT SCHEDULE

Your Balance

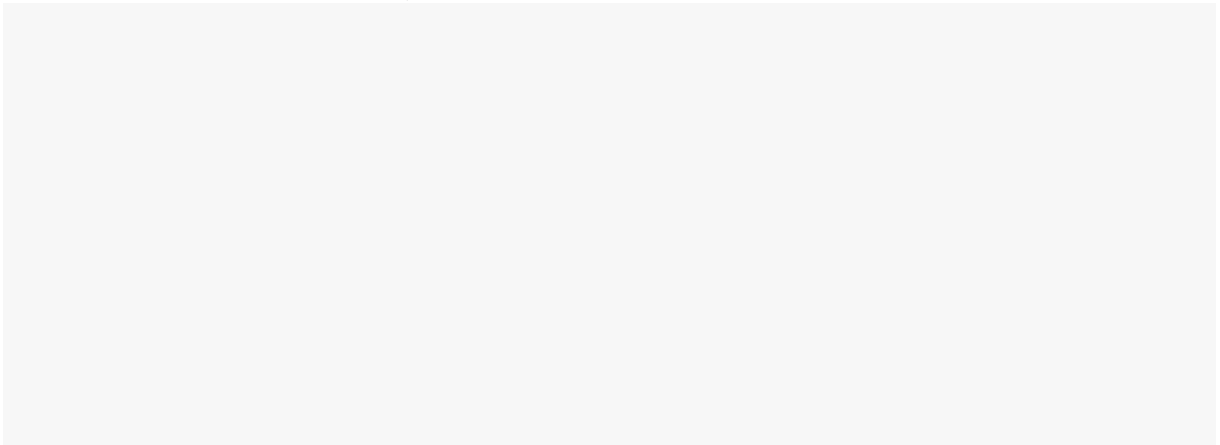
**IF YOU PRACTICED SELF CARE EACH DAY FOR THE NEXT 30 DAYS,
DESCRIBE HOW YOU WOULD FEEL**



DESCRIBE WHAT YOUR IDEAL SELF CARE DAY WOULD LOOK LIKE



IN YOUR OWN WORDS, DESCRIBE WHAT SELF CARE MEANS TO YOU



Current Self Care

IN THIS SECTION, WE'LL EXPLORE WHAT YOUR CURRENT SELF CARE ACTIVITIES ARE AND HOW OFTEN YOU PRACTICE EACH.

THERE IS ALSO A SECTION TO JOT DOWN NOTES WITH EACH. YOU CAN NOTATE YOUR FAVORITES THAT YOU'D LIKE TO PRACTICE MORE, OR YOU CAN NOTATE ONES THAT ARE JUST TOO DIFFICULT TO FIT INTO YOUR SCHEDULE NOW.

ACTIVITY	HOW OFTEN?	NOTES
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

Your Favorite Activities

USE THIS SECTION TO BRAINSTORM WHAT ACTIVITIES YOU ARE CONSIDERING ADDING INTO YOUR SELF CARE ROUTINE.

A large rectangular area with horizontal lines for writing, intended for brainstorming self-care activities.

REMEMBER TO KEEP IT SIMPLE!
SELF CARE CAN BE DEFINED AS
ANYTHING THAT ENCOMPASSES YOUR
MIND, BODY, OR SPIRIT. IF YOU TRULY
FEEL BETTER AFTERWARDS, YOU'RE
MORE THAN LIKELY PRACTICING A
SELF CARE ACTIVITY.

One Day at a Time

WITHIN THIS SECTION, USE THE THREE BOXES TO WRITE OUT THREE SELF CARE ACTIVITIES THAT YOU CAN PRACTICE.

USE THIS OPPORTUNITY TO WRITE OUT WHAT YOU ARE ABLE TO PRACTICE WITHIN YOUR SCHEDULE NOW. START SMALL AND WORK BIGGER AS YOU ARE MORE COMFORTABLE!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

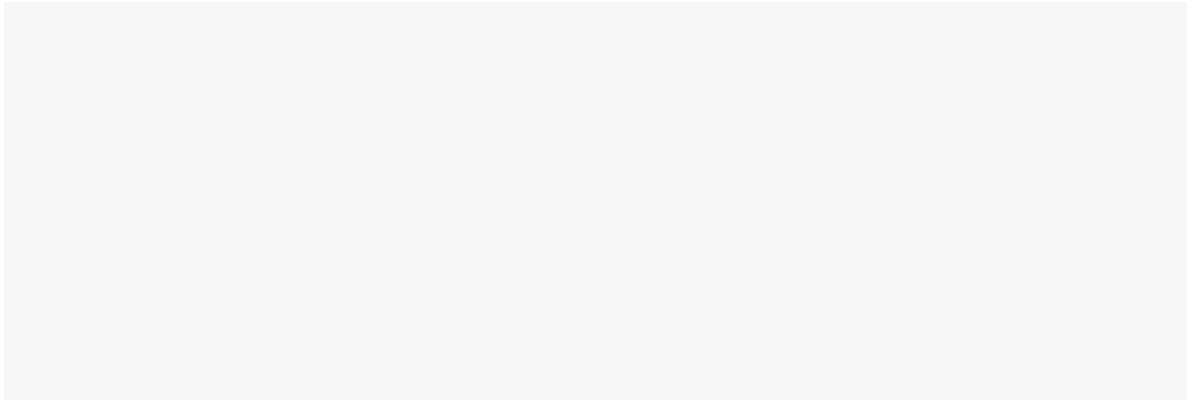
SATURDAY

SUNDAY

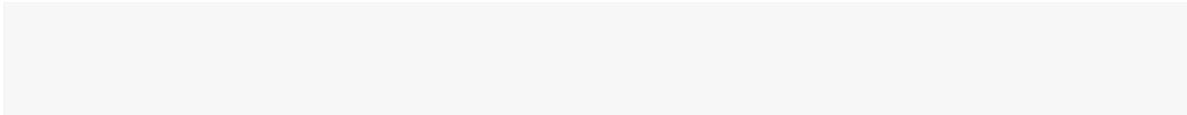
Knowing Your Obstacles

WITHIN THIS SECTION, USE THESE EXERCISES TO PLAN OUT YOUR OBSTACLES TO SEE WHERE YOUR OPPORTUNITIES ARE AND WHERE YOUR ROUTINE CAN BECOME MORE BALANCED

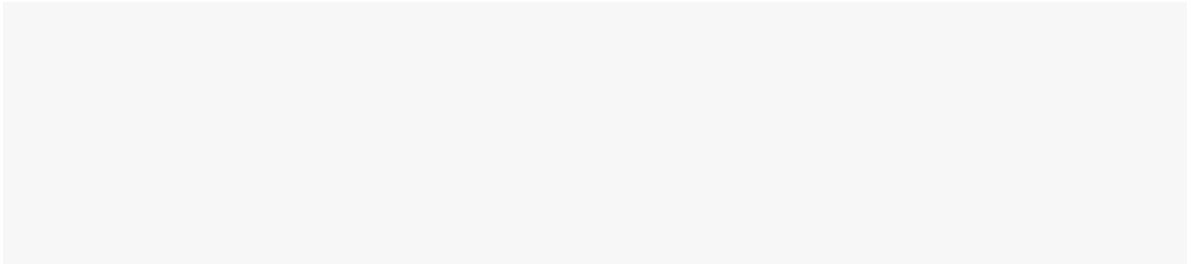
DESCRIBE YOUR OBSTACLE



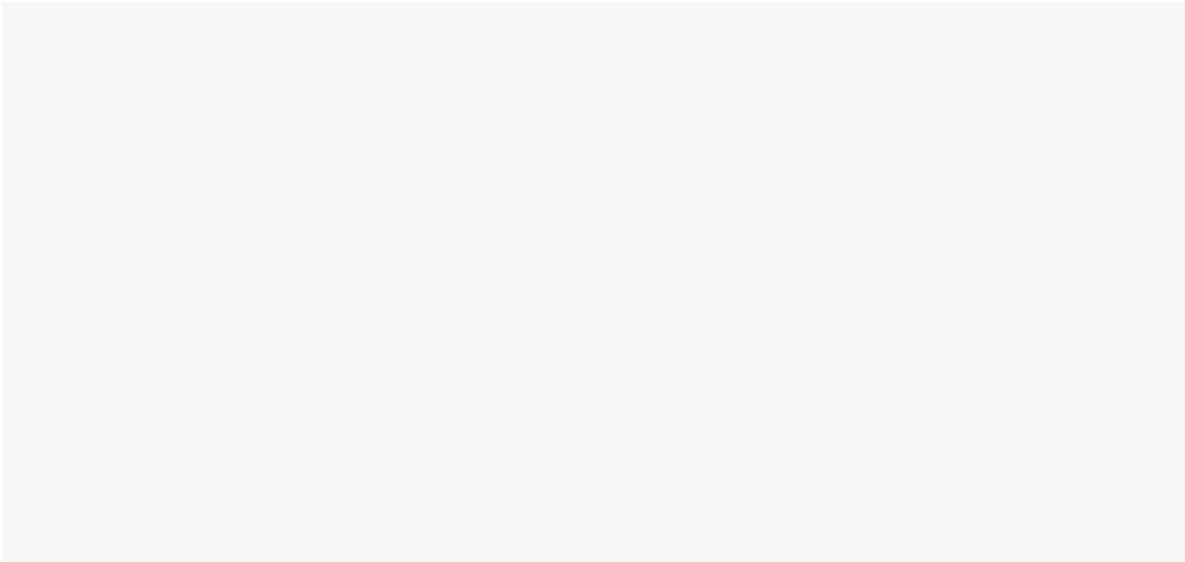
SIMPLIFY THIS OBSTACLE INTO ONE WORD/CATEGORY



LIST FIVE IDEAS TO CHANGE THE OUTCOME OF THIS OBSTACLE



DESCRIBE HOW YOU'LL OVERCOME THIS OBSTACLE



Daily Balance

WITHIN THIS SECTION, USE THIS TEMPLATE TO PLAN OUT YOUR SELF CARE SCHEDULE. USE THE BOX TO LIST OUT SELF CARE IDEAS THAT YOU'D LIKE TO PRACTICE WITHIN THE DAY.

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

TODAY'S SELF CARE PLANS

REMEMBER TO KEEP IT SIMPLE!
USE THESE TIMES TO FIND WHEN
YOU'RE MORE LIKELY TO BE ABLE TO
PRACTICE YOUR SELF CARE. GIVE
YOURSELF OPTIONS SO YOUR
SCHEDULE CAN REFLECT A REALISTIC
DAY