

# SELF CARE PLAN!

**LIFE IS HECTIC. PRIORITIZE THE IMPORTANT STUFF. THESE DAYS, SELF CARE IS THAT STUFF.**

In the previous journal page you came up with some ways that you enjoy self care. Let's get really intentional now - how are you going to actually put these into practice today?

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**Morning** - What will I do this morning to set myself up for a great day?

**Afternoon** - A beautiful time to take a pause in my day, and do something for myself.

**Evening** - What will I do tonight that involves self care? Take a bath? Go for a walk? Dig into meditation?

**Night** - What will I fit in before bed tonight to set myself up for an awesome day tomorrow?

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**Take the time to care for yourself, you're worth it!**