

My Self-Care Toolkit

Self-Care Tool	How often I'd like to do this	On good days I'll...	On hard days I'll...	How can I prep to make this task managable?

Weekly Self-Care & Reflection

Weekday	Today I was feeling...	So I...	This technique made me feel...	Going forward...
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Additional Reflections

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	