

# Weekly Self Care Journal

## A gentle planner for retirement, wellness, and joyful living

Retirement offers a wonderful opportunity to slow down and focus on well being. Use this weekly journal to nurture your body, mind, and connections while creating a meaningful and balanced lifestyle.

### My Intentions for the Week

What I want to focus on this week:

### Weekly Self Care Planner

Day	Movement	Mind	Connection	Relaxation	Notes / Gratitude
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



