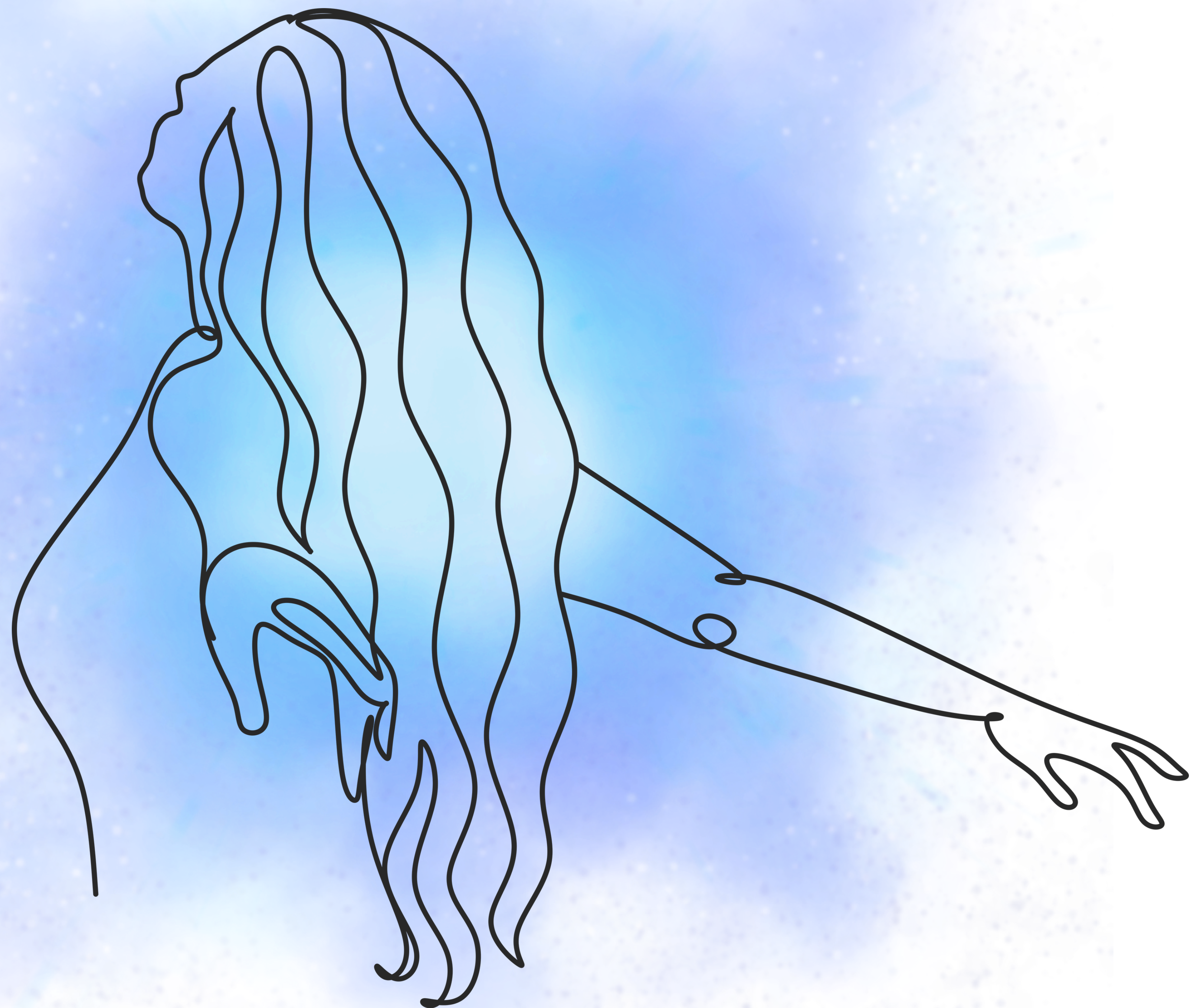


# Intentional AF Self-Devotion Tracker

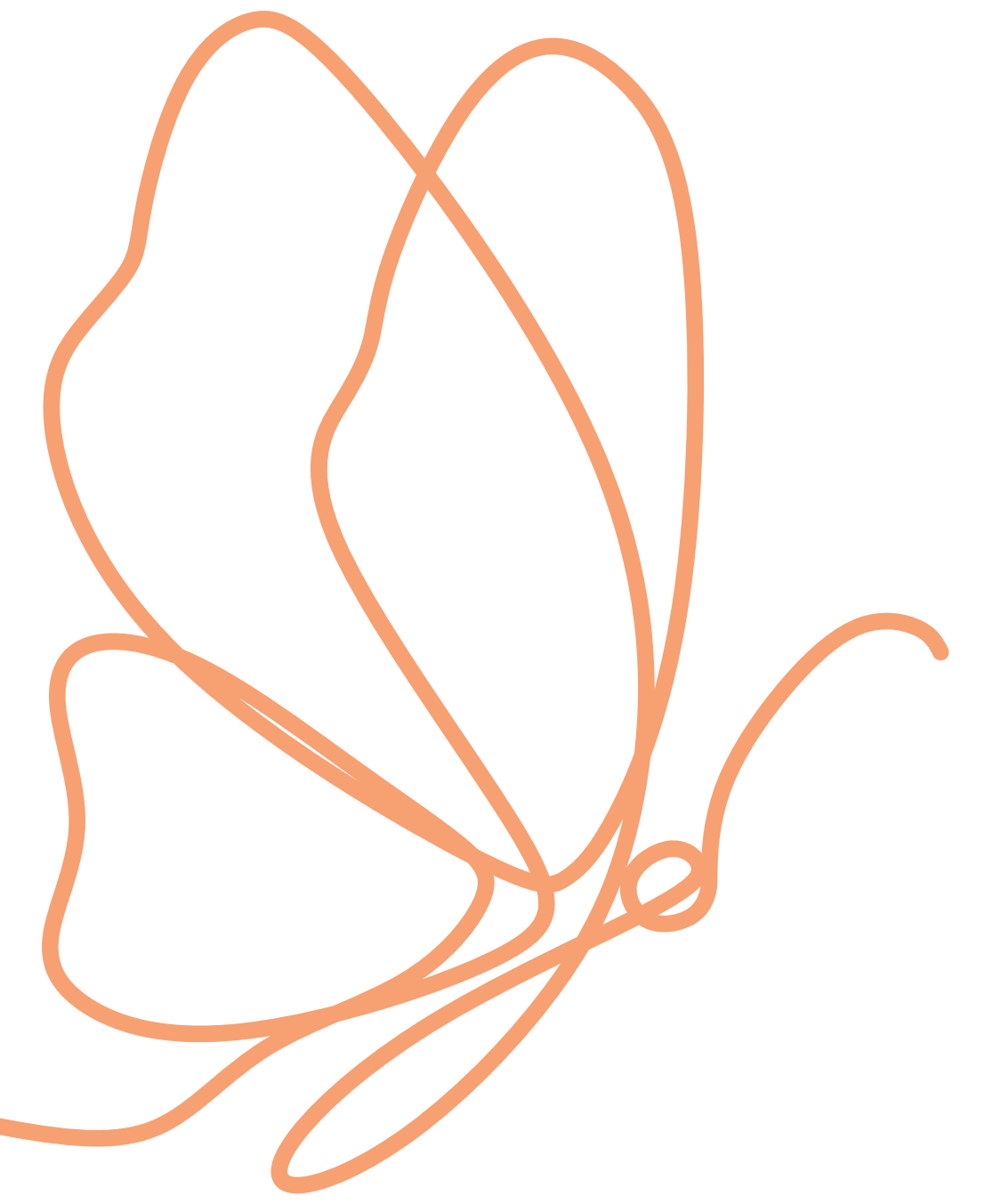
A simple daily + weekly  
check-in

to anchor  
your rituals

in love,  
not pressure



Come as you are. You don't need to do it all,  
you just need to show up honestly.



Welcome, lovely soul ☀️

Life gets loud. Our brains spiral. And before we know it, the rituals that nourish us fall to the bottom of the list, right under "answer emails" and "doomscrolling."

This tracker is a soft place to land. A way to stay present with what matters most. Not because we center perfection, but because we value honesty. It's for the tender, self-aware parts of you that crave rhythm, love and space to just be.

Let it be your permission slip to care for yourself from devotion, not discipline.

With gratitude,  
Rebecca



# How to use your tracker:

- Print it or screenshot it. Do what works for you!
- Use the daily tracker each evening (or morning!) to gently check in.
- Use the weekly reflection page once a week to slow down and reconnect.
- No gold stars here. Just presence, honesty and a lot of grace.
- If you miss a day (or seven), come back without guilt. You're not behind. You're human. 🤍



# Intentional AF Self-Devotion Tracker

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I did my morning quiet time (or adapted practice that honored my needs)							
I paused to notice how I was feeling physically							
I noticed + named my emotional state with honesty							
I moved my body gently or intentionally							
I nourished myself with supportive food + hydration							
I ate at least one meal or snack mindfully (without distraction)							
I checked in with my inner compass before making decisions							
I spoke kindly to myself (or noticed when I didn't)							
I practiced presence at least once today							
I offered myself grace, even if I didn't do "everything"							

*Let this be a mirror, not a measuring stick* 

# Weekly Self-Reflection

Set the tone before you begin:

Grab your journal + pen, light a candle, pour some tea, cozy up under a blanket or find a spot to reflect. You can answer these as full journal prompts or just jot a few bullet points.

Reflection prompts:

1. What helped me feel grounded or supported this week?
2. Where did I feel disconnected or dysregulated?
3. How can I show up as a better friend to myself this week?
4. What moment stood out as a highlight and why?
5. What part of my monthly rhythm am I in + how can I honor the pace + support my body needs right now?



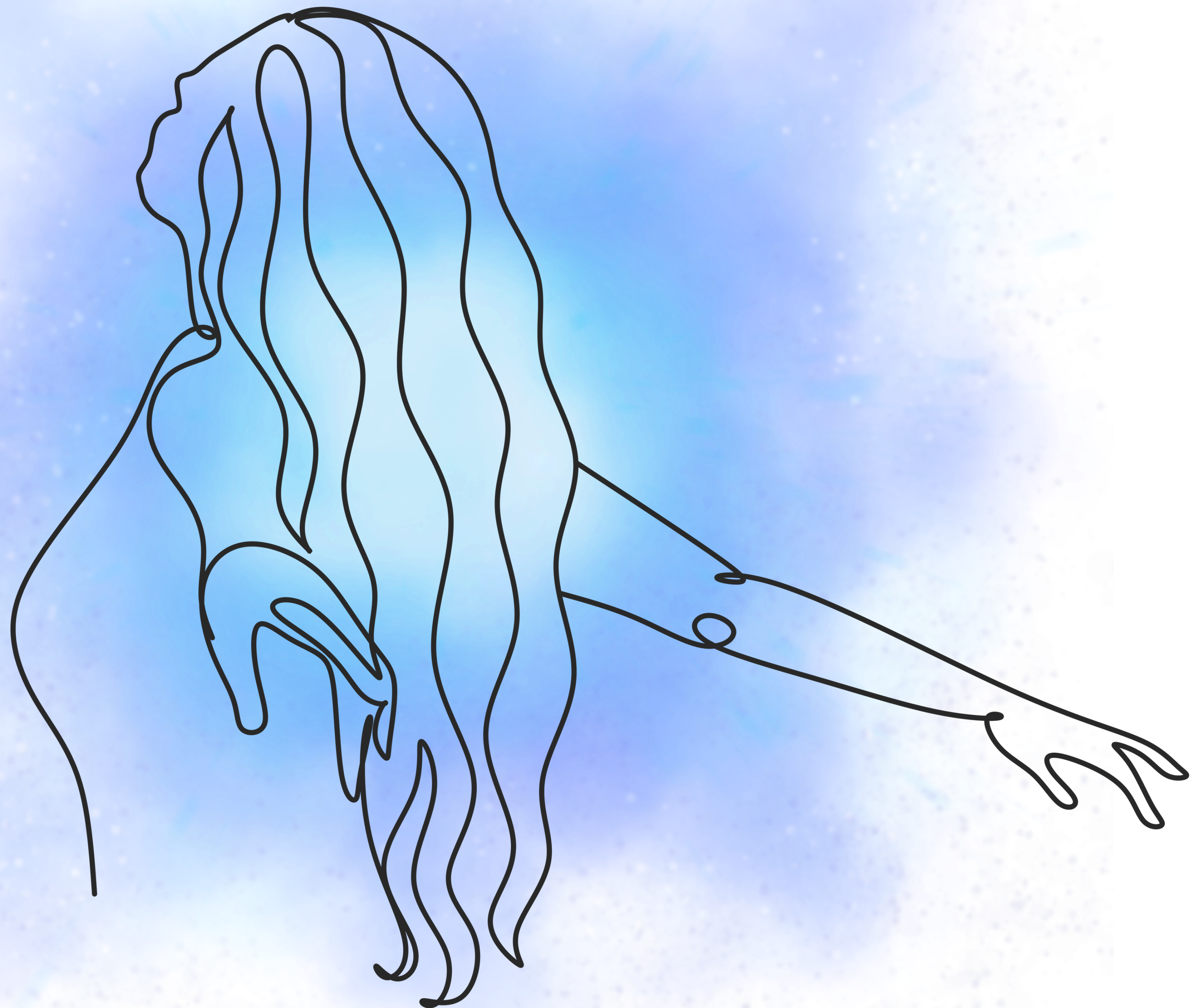
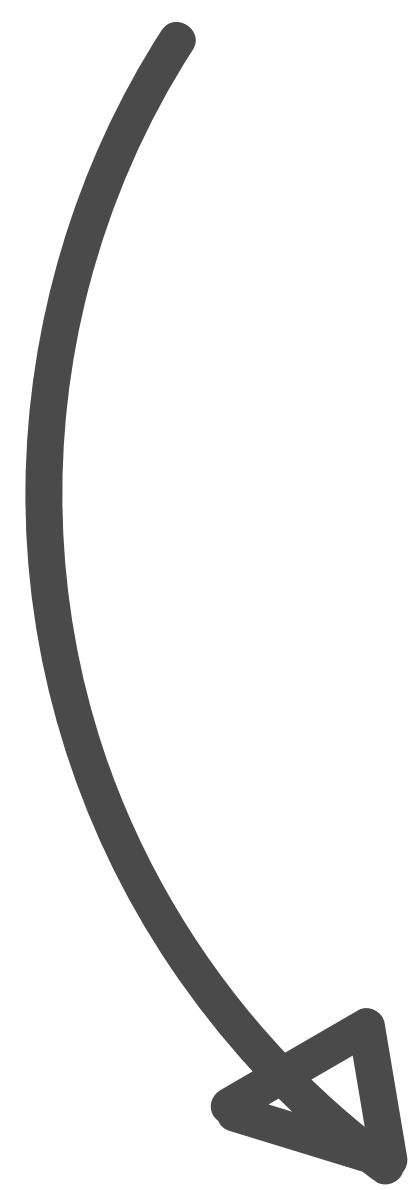
*It's not about doing more. It's about doing what matters, with love, for me.*

# Intentional AF Self-Devotion Tracker

A BONUS TRACKER

FOR

CONSCIOUS  
CREATORS



# Intentional AF Self-Devotion Tracker

A simple space to honor the rituals, moments + choices that root you into your values each day

DAILY RITUAL	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
 Movement (Walk/Stretch/Yoga/Dance)							
 Meditation (any time)							
 Create/Post Content							
 Made or Touched Art							
 Outreach Sent							
 Replied to DMs							
 Gave myself grace / softened a judgement							
 Journalled/Reflected							
 Ate in a way that supported my body + had a mindful moment around food							

Let this be an invitation, not an evaluation 