

# Self-Care Habit Planner

# 2025

## Goal Setting & Self-Care Routine

### Daily/Weekly:

|                  |  |
|------------------|--|
| Morning Routine: | Wash up, teeth, tongue, linen, stretching.               |
| Midday Check-In: | Movement- 3 five minute breaks or 1 fifteen minute break |
| Evening Routine: | wash up, teeth, tongue, skincare                         |

### Mental and Emotional Well-Being:

|              |   |
|--------------|---|
| Mindfulness: | Mindfulness and Meditation- minimum 5 minutes               |
| Journaling:  | Record thoughts, feelings, and reflections- feelings/body ✓ |
| Relaxation:  | Detach, breathe. Nervous system methods                     |

### Personal Development:

|             |               |                 |                    |
|-------------|---------------|-----------------|--------------------|
| Learning:   | Techniques    | Adjust          | Review             |
| Reflection: | No Stress     | Celebrations    | Social Connections |
| Meditation: | Digital Detox | Bedtime Rituals | Quality Time       |

### Leisure and Recreation:

|                |                   |                 |
|----------------|-------------------|-----------------|
| Hobbies:       | Reading, Painting | Listen to music |
| Entertainment: | In-person Meetups | Virtual Meetups |