

A stylized illustration of a woman with long, straight, reddish-brown hair, sitting in a meditative lotus position. Her head is replaced by a glass vase containing two pink roses. She has her eyes closed and a peaceful expression. Her hands are held in a mudra (prayer position) with palms facing each other. She is wearing a white long-sleeved top and orange pants. The background is a soft, light pinkish-orange gradient.

Self-Care Planner: Reclaim Your Energy, Time, and Peace

Create a routine that works for you,
recharges your energy, and helps you thrive.

Free Planner

Welcome to your self-care journey!



You're here because you know self-care isn't just a luxury—it's essential. Life gets busy, overwhelming, and often feels like there's no time left for you.

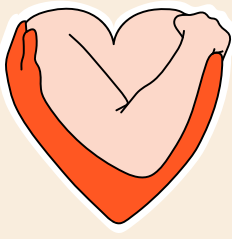
This planner is your guide to reclaiming that time, one small but meaningful step at a time.

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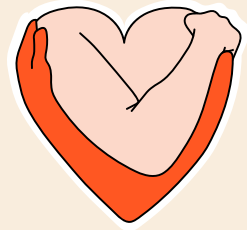


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Welcome



Self-care isn't about grand gestures or rigid routines. It's about consistently choosing yourself in small ways that add up to a healthier, more balanced life. This planner is designed to:

- Help you reflect on what you truly need to feel your best.
- Create a self-care plan that fits your unique life and priorities.
- Stay consistent without guilt, pressure, or perfectionism.

You might be wondering:

- “How do I even begin?” This planner will walk you through step-by-step.
- “Isn't self-care selfish?” No, self-care is what allows you to show up fully for others and the things that matter most to you.
- “What if I can't stick to it?” Self-care is a practice, not a destination. It's okay to start small, experiment, and adjust as you go.





By the end of this journey, you'll have:

- A personalised self-care routine that works for your life.
- A deeper understanding of what replenishes your energy and nurtures your well-being.
- The tools to stay consistent, even when life gets busy.

How to Use This Planner:

- Dedicate a little time each week to reflect and plan.
- Start small-focus on just 1-2 self-care actions at a time.
- Celebrate your progress, no matter how small it feels.

Self-care is not selfish—it's the foundation for showing up as your best self in all areas of your life. Let this planner be your starting point to create a life where you feel more energized, balanced, and in control.

**You deserve this.
Let's get started!**



Self-Care Reflection

Reflection is the first step toward understanding where you are and what you need to feel more balanced and fulfilled. This section will help you identify areas where you can focus your self-care efforts.

Prompts for Reflection

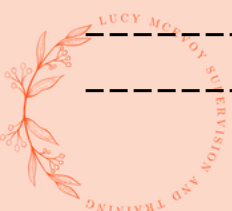
1. Energy Drains

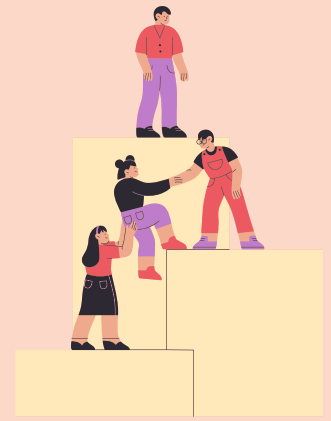
- What situations, activities, or relationships leave you feeling exhausted?

- Are there specific times of day when you feel most drained?

- Are you spending energy on things that don't align with your values or priorities?

- What tasks or obligations do you dread doing?





2. Energy Boosters

- What activities make you feel relaxed, energised, or joyful?

- Are there moments in your day where you feel truly at ease or happy?

- Who are the people in your life who uplift and support you?

- When was the last time you felt a deep sense of fulfillment or contentment? What were you doing?

Self-Care Reflection



3. Habits to Start or Stop

- Are there habits or routines you've fallen into that leave you feeling depleted? (Examples: Overcommitting, checking emails late at night, skipping meals)

- What small habits could you introduce to recharge and nurture yourself? (Examples: Stretching for 5 minutes in the morning, drinking more water, setting aside time to read)





4. Physical and Emotional Signs

- What emotions are you experiencing most often?
(Examples: Anxiety, frustration, numbness, joy, calm)

- Do you notice any physical signs that you need more self-care? (Examples: Fatigue, tension headaches, racing thoughts, trouble sleeping)

- What does your body need right now to feel more balanced and supported?

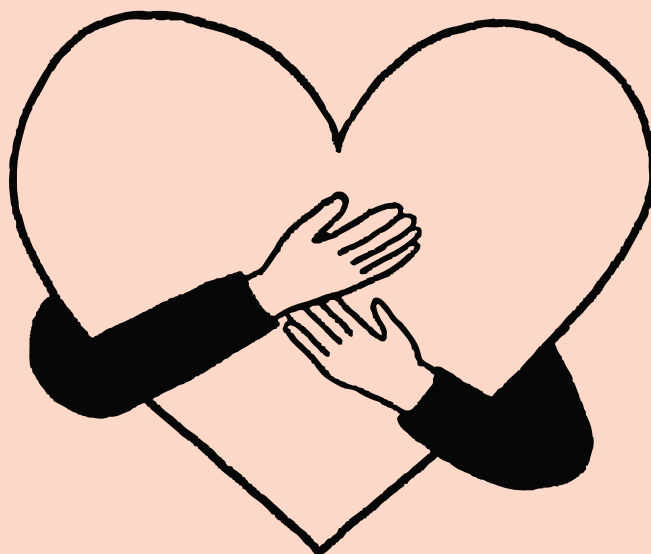
Self-Care Reflection



The following activities are thoughtfully designed to help you connect with your passions, desires, and the unique ways you can care for yourself. They serve as a guide to better understand what you need to feel balanced, fulfilled, and energised. Whether you're looking to make small changes or take a deeper dive into your self-care journey, these tools are here to support you.

You don't have to complete every activity unless you want to. Feel free to explore all of them or focus on one or two that resonate most with where you are right now. The range of exercises ensures that there's something for everyone, regardless of your goals or preferences. Choose what feels meaningful to you, and take your time as you reflect and grow.

This is your opportunity to reconnect with yourself and build a self-care practice that truly nourishes your mind, body, and spirit.

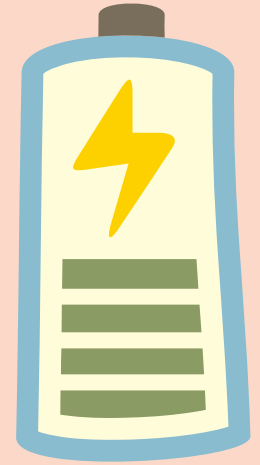


Self-Care Reflection

Activity 1: Energy Drains vs. Energy Boosters Table

Use this table to gain clarity on what's depleting you and what's recharging you.

Energy Drains	Energy Boosters
Long work meetings with no breaks	Walking in nature
Saying yes to too many commitments	Connecting with a supportive friend
Scrolling on social media late at night	Journaling before bed
Overthinking decisions	Listening to music



Instructions:

Use this table to gain clarity on what's depleting you and what's recharging you.

- List at least three energy drains and three energy boosters in your life.

Self-Care Reflection



Reflection Prompts:

- Reflect on how you might reduce or eliminate one energy drain this week.

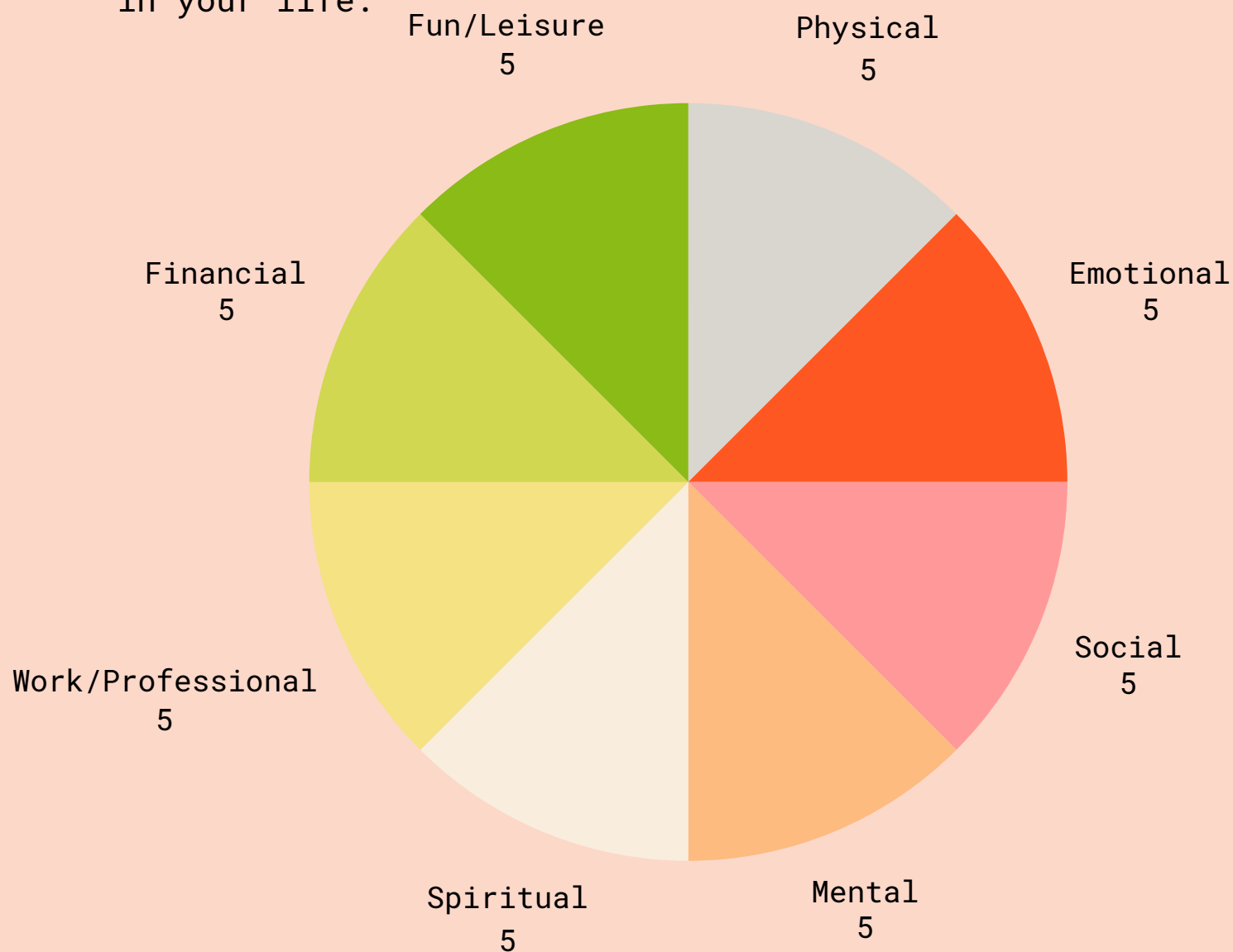
- Choose one energy booster to incorporate more often into your daily routine.



Self-Care Reflection

Activity 2: The Wheel of Self-Care

The Wheel of Self-Care helps you visualize and assess how well you're addressing different areas of self-care in your life.



- Rate your satisfaction in each area on a scale of 1 to 10 (1 = needs significant improvement, 10 = thriving).
- Shade in each section to reflect your rating, creating a visual representation of balance (or imbalance) in your self-care.

Self-Care Reflection

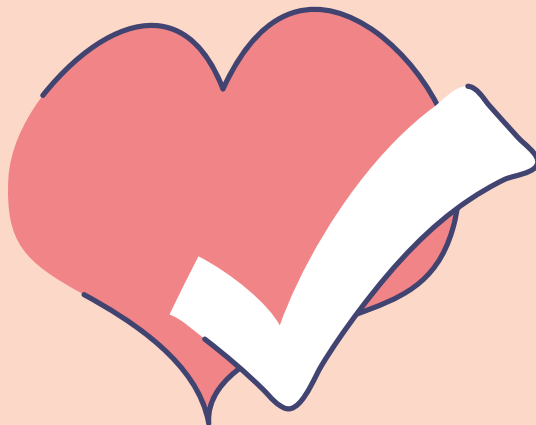


Reflection Prompts:

- Which area feels most neglected right now?

- Which area are you most satisfied with?

- What's one small action you can take to improve your lowest-rated category?





Activity 3: Daily Energy Tracker

Track your energy levels throughout the day to identify patterns in what drains or replenishes you.

In the table below, write down your energy level for each segment on a scale of 1 to 10 (1 = completely drained, 10 = fully energized). Note any significant events or activities during each segment.

Morning	<input type="text"/>
Midday	<input type="text"/>
Afternoon	<input type="text"/>
Evening	<input type="text"/>
Bedtime	<input type="text"/>





Reflection Prompts:

- Do certain times of day consistently feel more draining? Why?

- Are there specific activities or habits that correlate with higher energy levels?

- How can you restructure your day to include more energy-boosting activities?

Self-Care Reflection

Activity 4: Boundary Assessment Checklist

Evaluate whether you're setting and maintaining healthy boundaries in your life.

✓ Tick the boxes of the statements that resonate with you:

Do I feel resentful about how much I'm doing for others?

Am I taking on more responsibility than I can handle at work or home?

Do I often say "yes" when I want to say "no"?

Do I have time in my week that's solely for myself?

Do I feel comfortable communicating my needs to others?

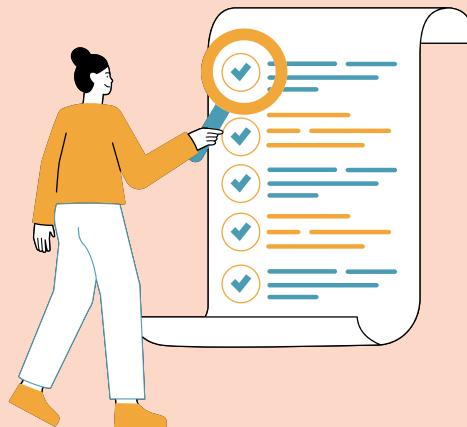
Self-Care Reflection



Reflection Prompts:

- Which of these questions felt most true for you?

- What is one boundary you could improve this week to protect your energy?





Activity 5: Gratitude and Joy List

Shift your focus toward positivity by identifying moments, people, and activities that bring joy and gratitude.

What are 3 things you're grateful for today?

- What are 3 activities or moments in the past week that brought you joy?

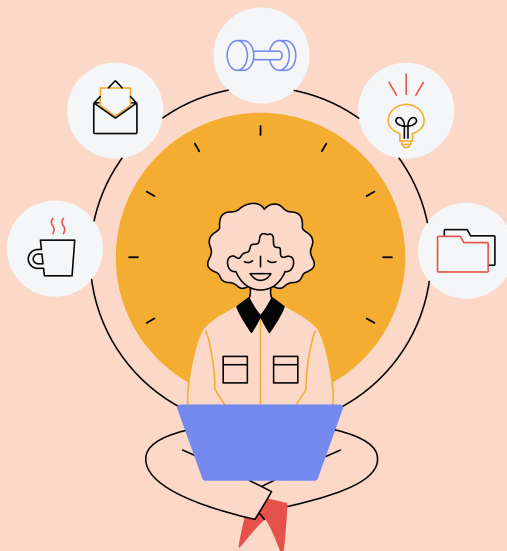
Self-Care Reflection



Reflection Prompts:

- How can you incorporate more of these joyful activities into your routine?

- How does focusing on gratitude affect your energy and mood?



Define Your Self-Care Goals



Setting clear, achievable goals helps you turn self-care intentions into consistent habits. Use this section to focus on one area of your life and create actionable steps toward better balance and well-being.

Prompts to Clarify Goals

1. What is one area of your life you want to prioritize this month?

- Is it your physical health, mental clarity, relationships, or work-life balance?

- What's been feeling most neglected lately?

Define your self care goals



2. What are three small self-care actions you can commit to?

Focus on simple, realistic actions you can integrate into your daily routine.

3. What would success look like for you by the end of the month?

- How will you know you've made progress?

- How might your mood, energy, or relationships improve?





Guidelines for Setting Goals

1. Start Small:

Avoid overwhelming yourself by setting manageable goals. For example:

- Instead of committing to an hour-long workout, aim for 15 minutes of stretching.
- Rather than cutting out all screen time, set a rule to put your phone away 30 minutes before bed.

2. Be Specific:

Vague goals like “I’ll relax more” can be hard to stick to. Instead, specify what you’ll do and when, such as:

- “I’ll read for 10 minutes before bed on weekdays.”

3. Focus on What Matters:

Choose goals that align with your values and priorities. For example:

- If spending time with loved ones is important, a goal might be to have one family dinner each week.



Example Actions for Inspiration

- **Physical Self-Care:** Take a 10-minute walk after lunch each day.
- **Emotional Self-Care:** Write down 3 things you're grateful for each morning.
- **Social Self-Care:** Schedule a phone call with a close friend once a week.
- **Professional Self-Care:** Set a timer for focused work sessions and take a 5-minute break every hour.
- **Mental Self-Care:** Spend 5 minutes journaling or meditating before bed.
- **Boundary-Setting:** Say "no" to one extra responsibility this week.



Define your self care goals



Activity: Self-Care Goal Planner

Use the table below to plan your self-care goals for the month:

Area of Focus	Self-Care Action	When/How Often	Why It Matters to Me
Physical Health	Take a 10-minute walk after lunch	Every weekday	Boosts energy and clears my mind
Emotional Well-Being	Journal 3 things I'm grateful for	Each morning	Helps me focus on the positive
Work-Life Balance	Say "no" to non-essential meetings/tasks	At least once this week	Protects my time for personal priorities

Define your self care goals



Reflection Prompts:

- At the end of the month, ask yourself: *“What worked well, and what can I adjust moving forward?”*



Create Your Weekly Self-Care Plan



Consistency is key when it comes to self-care. A weekly plan can help you stay on track, celebrate your wins, and adjust your approach as needed. This section provides a clear structure for your week while leaving space for flexibility and reflection.



How to Use Your Weekly Self-Care Planner

1. Plan Daily Self-Care Actions:

Break your self-care into manageable actions for the morning, afternoon, and evening. This helps you incorporate self-care into your routine, rather than treating it as an afterthought.

2. Set Intentions or Affirmations:

Start the week by setting a positive tone. Write down an affirmation or intention to guide your actions. Examples:

- “I prioritise my well-being because I deserve to feel good.”
- “I will focus on progress, not perfection.”

3. Track Your Wins:

Use the “self-care win” tracker to note what worked well each day. This will help you celebrate your efforts and build momentum.





Create Your Weekly Self-Care Plan

Weekly Planner Template

Consistency is key when it comes to self-care. A weekly plan can help you stay on track, celebrate your wins, and adjust your approach as needed. This section provides a clear structure for your week while leaving space for flexibility and reflection.

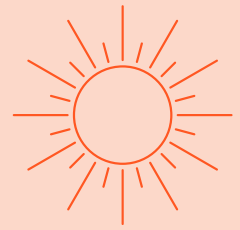


Section 1: Daily Self-Care Actions

Day	Morning	Afternoon	Evening
Monday	5 minutes of stretching	Go for a short walk	Read for 10 minutes
Tuesday	Journal gratitude	Drink water after lunch	Meditate for 5 minutes
Wednesday	Eat a healthy breakfast	Call a supportive friend	Watch a favorite show
Thursday	Set a daily intention	Take breaks from screens	Reflect on the day
Friday	Practice deep breathing	Organise workspace	Plan a fun weekend activity
Saturday	Sleep in or rest	Enjoy a hobby	Write in a gratitude journal
Sunday	Prep meals for the week	Spend time in nature	Relax with a book or bath



Create Your Weekly Self-Care Plan



If it is too overwhelming filling every box, just start with one for each day.



Section 1: Daily Self-Care Actions

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Create Your Weekly Self-Care Plan



Section 3: Self-Care Win Tracker

Day	What Worked Well Today?
Monday	Took a 10-minute walk, felt more focused during work.
Tuesday	Journaling helped me process my emotions.
Wednesday	Spent 15 minutes reading, which felt calming after a busy day.
Thursday	Took a screen-free break and felt refreshed.
Friday	Said no to an extra project, and it felt empowering.
Saturday	Slept in and enjoyed a slow morning with no agenda.
Sunday	Connected with nature during a hike, which was rejuvenating.

Create Your Weekly Self-Care Plan



Section 3: Self-Care Win Tracker

Day	What Worked Well Today?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Create Your Weekly Self-Care Plan

Tips for success

- **Be Flexible:** Life happens! It's okay to adjust your plan as needed.
- **Celebrate Small Wins:** Even a small act of self-care is a step in the right direction.
- **Reflect and Adjust:** At the end of the week, review your tracker to see what worked and plan next week accordingly.



Overcoming Obstacles

While committing to self-care is essential, staying consistent can be challenging. This section helps you identify potential obstacles, plan ahead, and use simple strategies to stay on track.



Prompts to Identify Challenges

1. What might stop you from prioritising self-care?

Consider:

- Lack of time or energy.
- Feeling guilty about taking time for yourself.
- Unexpected responsibilities or demands.
- Difficulty staying consistent with new habits.

Overcoming Obstacles



2. How can you plan ahead to overcome these challenges?

Reflection examples:

- *"If I feel too busy, I'll start with just 5 minutes of self-care daily."*
- *"When I feel guilty, I'll remind myself that I can't pour from an empty cup."*
- *"If unexpected tasks arise, I'll reschedule my self-care instead of canceling it."*





Tips for Staying on Track

1. Set Reminders on Your Phone:

- Schedule self-care activities in your calendar as non-negotiable appointments.
- Use alarms or apps to remind you to pause and take a break.

2. Share Your Goals with a Supportive Friend or Colleague:

- Accountability can make a huge difference. Share your self-care goals with someone who will encourage you.
- Check in with them regularly to celebrate your progress.

3. Start Small:

- Build momentum with simple, achievable actions. For example:
 - Instead of aiming for 30 minutes of exercise, start with 5 minutes of stretching.
- Begin a journaling habit with just one sentence each day.



4. Celebrate Small Wins:

- Acknowledge every step forward, no matter how small. For example:
 - Reward yourself with a favourite treat or a relaxing activity when you complete a self-care goal.
 - Keep a “win journal” where you note your self-care successes.

5. Anticipate Setbacks:

- Expect obstacles and view them as learning opportunities rather than failures.
- Example mindset shift: “I missed my walk today, but I’ll try again tomorrow.”



Overcoming Obstacles



Activity: Plan for Challenges

Use the table below to prepare for common obstacles:

Challenge	Plan to Overcome
Feeling too busy	Block 5-10 minutes daily for self-care in my calendar.
Feeling guilty for taking time for myself	Remind myself: "Self-care allows me to show up better for others."
Forgetting to follow through	Set a reminder on my phone for my chosen activity.
Lack of motivation	Start with the easiest, smallest action possible.

Overcoming Obstacles

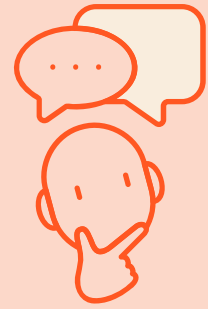


Reflection Prompt:

- *“What’s one obstacle I’ve faced before when trying to practice self-care, and how can I overcome it this time?”*



Monthly Check-in



Reflection Questions:

- *What self-care actions worked well for you this month?*

- *What would you like to improve next month?*

- *How are you feeling overall (physically, emotionally, mentally)?*



Your Self-Care Journey Starts HERE



Prioritising self-care is not just an act of kindness to yourself—it's a commitment to living a more balanced, fulfilling life. By reflecting on your needs, setting achievable goals, and planning for obstacles, you've already taken the first steps toward creating a self-care routine that works for you.

Remember, self-care isn't about perfection; it's about progress. Small, consistent actions add up to meaningful change over time. Celebrate your wins, learn from setbacks, and always remind yourself why your well-being matters.

As you continue this journey, know that you're not alone. Whether through individual or group support, ongoing learning, or connecting with a like-minded community, there are tools and people to help you along the way.

Take what you've learned here, start small, and keep moving forward. You've got this!





1. Join My Supervision or Consultation Services

Whether you're a human service professional or simply seeking support to create healthier boundaries, I offer flexible options tailored to your needs:

- Online Group Supervision: Perfect for social workers, counselors, and human service professionals who want to:
 - Share experiences and strategies in a supportive peer environment.
 - Receive guidance on managing workplace stress and setting boundaries.
 - Build confidence to tackle work challenges with clarity and resilience.
- Individual Supervision or Consultation: Ideal for anyone outside the human services field looking for personalised support to:
 - Identify and overcome boundary challenges in personal or professional settings.
 - Receive one-on-one attention to navigate unique circumstances.
 - Work on solutions at your own pace, either face-to-face or online.

Ready to take the next step? [Click here](#) to explore your options and sign up!



3. Follow Me on Instagram for More Tips



Want ongoing inspiration and practical advice?

Follow me on Instagram, where I share:

- Bite-sized tips for setting boundaries and managing stress.
- Stories and strategies from my experience as a social worker and supervisor.
- Encouragement and support to keep you motivated on your journey.
- Share your journey Tag me on Instagram @lucymcevoysupervision and let me know!

Follow me on Instagram.





4. Join My Upcoming 3-Day Online Masterclass

Coming in 2025, I'll be hosting a transformative 3-Day Online Masterclass focused on:

- Managing stress and overwhelm with practical, effective strategies.
- Setting and maintaining boundaries that protect your well-being.
- Building habits that promote calm, confidence, and balance in your life.

This masterclass is designed for anyone ready to take control of their time, energy, and mental space—whether in the workplace or at home. You'll leave with actionable tools to make lasting changes.

Want to be the first to know when registration opens?
[Join the waitlist now!](#)

