

# An Utterly Useful Self-Care Planner

Keyword this week: .....

OBSTACLES / REFLECTION:



Self-care non-negotiables

HYDRATION MOOD

|             | HYDRATION        | MOOD |
|-------------|------------------|------|
| Monday —    | ☺☺☺<br>☺☺☺<br>☺☺ |      |
| Tuesday —   | ☺☺☺<br>☺☺☺<br>☺☺ |      |
| Wednesday — | ☺☺☺<br>☺☺☺<br>☺☺ |      |
| Thursday —  | ☺☺☺<br>☺☺☺<br>☺☺ |      |
| Friday —    | ☺☺☺<br>☺☺☺<br>☺☺ |      |
| Saturday —  | ☺☺☺<br>☺☺☺<br>☺☺ |      |
| Sunday —    | ☺☺☺<br>☺☺☺<br>☺☺ |      |