**Notes:** 

## Self-Care Habit Tracker Self-Care Habit Tracker For The Week of: For The Week of: For The Week of:

<b>Self-Care Goals</b>	Mon	Tue	Wed	Thu	Fri	Sat	Sun	<b>Self-Care Goals</b>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Eat something healthy								Eat something healthy							
Take a walk								Take a walk							
Drink enough water								Drink enough water							
Get 8 hours of sleep								Get 8 hours of sleep							
Clean up something								Clean up something							
Do a self-affirmation								Do a self-affirmation							
Express gratitude								Express gratitude							
Stretch								Stretch							
Meditate								Meditate							
Call / Talk to a friend								Call / Talk to a friend							
Journaling								Journaling							
Read something you like								Read something you like							
Be kind to yourself								Be kind to yourself							
Give yourself a compliment								Give yourself a compliment							
Do something fun								Do something fun							
Exercise								Exercise							
Explore a new hobby								Explore a new hobby							
Self-Affirmations								Self-Affirmations							
I am worthy and I am enough.								I am worthy and I am enough.							
I am resillient and capa	I am resillient and capable of overcoming challenges.														
I am learning to trust myself and the process of healing.								I am learning to trust myself and the process of healing.							
I am deserving of love, peace & happiness.								I am deserving of love, peace & happiness.							
I am growing & learning every day. Each day has new opportunities for								I am growing & learning every day. Each day has new opportunities for							
progress and self-disco	progress and self-discovery														

**Notes:**