Self-Care Habit Tracker Self-Care Habit Tracker

For The Week of:

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Self-Care Goals	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Self-Care Goals	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								
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.								
Notes:								Notes:								