Self-Care Habit Tracker Self-Care Habit Tracker

Self-Care Goals	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Self-Care Goals	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
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								
l am worthy and I am	<u>enough</u>	•						I am worthy and I am e	nough	•						
I am resillient and capable of overcoming challenges.								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	& happ	iness.					I am deserving of love,	peace	& happ	iness.					

Notes:

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