

# Self-Care Habit Tracker

For The Week of:

Self-Care Goals	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Eat something healthy							
Take a walk							
Drink enough water							
Get 8 hours of sleep							
Clean up something							
Do a self-affirmation							
Express gratitude							
Stretch							
Meditate							
Call / Talk to a friend							
Journaling							
Read something you like							
Be kind to yourself							
Give yourself a compliment							
Do something fun							
Exercise							
Explore a new hobby							

## Self-Affirmations

I am worthy and I am enough.  
 I am resilient and capable of overcoming challenges.  
 I am learning to trust myself and the process of healing.  
 I am deserving of love, peace & happiness.  
 I am growing & learning every day. Each day has new opportunities for progress and self-discovery

Notes:

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