

SELF-CARE JOURNAL

SELF-CARE IS NOT A LUXURY, IT'S A NECESSITY.

	S	M	T	W	T	F	S
HYDRATION							
HEALTHY MEAL							
LISTENING TO MUSIC							
MINDFUL BREATHING							
WARM SHOWER							
READING A BOOK							
SKINCARE & RELAXATION							
REFLECTION & JOURNALING							
LEMON WATER							
SHORT WALK							
DEEP BREATHING							
EARLY BEDTIME							

