

# Practicing Self-Care

---

## PURPOSE:

---

To nurture your physical, emotional, and mental well-being through intentional self-care.

---

## INSTRUCTIONS:

---

Reflect on the following prompts and use the provided text boxes to write your responses.

### Daily Check-In

Rate your mood from 1-10 each morning and evening. Note one thing you can do to improve your mood each day..

### Self-Care Menu

Create a self-care menu by listing activities you enjoy or find restorative under these categories: Physical, Emotional, Mental, and Spiritual.

### Plan Your Week

Schedule at least three self-care activities for the upcoming week. Write down when and how you will incorporate them into your routine.