

My A-Z of Self-Care Ideas

A

H

B

I

C

J

D

K

E

L

F

M

G

Think of a self-care activity that starts with each letter of the alphabet

N

U

O

V

P

W

Q

X

R

Y

S

Y

T

Planning My 30 days of Self-Care



Try and plan as many self-care activities for the next 30 days as possible



Day One

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Two

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Three

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Four

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Five

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Six

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Seven

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Eight

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Nine

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Ten

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Eleven

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twelve

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Thirteen

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Fourteen

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Fifteen

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Sixteen

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Seventeen

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Eighteen

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Nineteen

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-One

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-Two

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-Three

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-Four

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-Five

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-Six

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-Seven

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-Eight

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Twenty-Nine

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Day Thirty

Date: _____

Today's self-care activity: _____

How do you feel today?

What did today bring for you?

How did you deal with any challenges that came your way?

I am...

My Day

General mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you got from doing today's self-care activity

What would you like tomorrow to bring for you?

Thirty Day Review

Date: _____

Right now I feel: _____

How do you feel about your 30 days of self-care?

What did you learn from the past 30 days?

How did you deal with any challenges that came your way?

I can...

My 30 Days

Overall mood:



Hydration:



Sleep:



Energy Levels:



Describe in detail what you think has improved for you over the past 30 days (if nothing, think about why not)

What will you take away from your 30 days of self-care?
