Monthly SELF CARE

MONTH:

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	28	29	30	31
SELF CARE Did something just for me today																														
SLEEP Got 7-9 hours of sleep																														
HYDRATION Drank enough water																														
MOVEMENT Got my body moving																														
MEDICATION Took my medication																														
JOURNALING Wrote my thoughts																														
CONNECTING Connected with someone I love																														
MINDFULNESS Took time to be present																														
GETTING OUTSIDE Spent time outside																														

Lisa Frank

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NOTES