## **Self-Care Habit Tracker**

For The Week of:

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<b>Self-Care Goals</b>	Mon	Tue	Wed	Thu	Fri	Sat	Sun	<b>Self-Care Goals</b>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Eat something healthy								Eat something healthy							
Take a walk								Take a walk							
Drink enough water								Drink enough water							
Get 8 hours of sleep								Get 8 hours of sleep							
Clean up something								Clean up something							
Do a self-affirmation								Do a self-affirmation							
Express gratitude								Express gratitude							
Stretch								Stretch							
Meditate								Meditate							
Call / Talk to a friend								Call / Talk to a friend							
Journaling								Journaling							
Read something you like								Read something you like							
Be kind to yourself								Be kind to yourself							
Give yourself a compliment								Give yourself a compliment							
Do something fun								Do something fun							
Exercise								Exercise							
Explore a new hobby								Explore a new hobby							
	•	•	•	•		•			•	•	•				-
Self-Affirmations								Self-Affirmations							
I am worthy and I am 6	enough.	•						I am worthy and I am e	nough.	•					
I am resillient and capable of overcoming challenges.								I am resillient and capable of overcoming challenges.							
I am learning to trust r	I am learning to trust myself and the process of healing.														

## Notes:

progress and self-discovery

I am deserving of love, peace & happiness.

I am growing & learning every day. Each day has new opportunities for

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