

Self-Care Plan

My plan is as follows:

Once per month - Get a massage, read one book, take one weekend completely off & go to a favorite store

Once per week - Read (or listen to) at least 70 pages, clean my house, spend time with family or friends & take a hot bath

Once per day - Check in with myself, eat at least one healthful meal, drink at least one half gallon of water, listen to music & do at least one productive thing (school, house work, etc.)