



SELF-CARE STRATEGIES

TODAY'S FOCUS

What self-care strategy will you focus on today? Whether it's taking time for rest, practicing mindfulness, or nourishing your body, choose a practice that supports your well-being and guides you through the day.

MIND

How will you care for your mind today? Take a moment to check in— are you setting boundaries, practicing mindfulness, or giving yourself space to rest, choose a mental self-care practice that supports your well-being and clarity?

BODY

How will you care for your body today? Whether it's through hydration, movement, or giving your body the rest it needs, choose a practice that nurtures your physical health and supports your overall well-being.

SOUL

How will you nourish your soul today? Make time for quiet reflection, connecting with nature, or engaging in meaningful activities, choose something that fosters inner peace and aligns with your deeper sense of purpose.