

Kris Carr's



SELF CARE Planner

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Affirmation

CURIOSITY IS
A GATEWAY

YOU HAVE
BRILLIANT
IDEAS + YOU
ARE WORTHY.

BEFRIEND
YOURSELF

YOU ARE
GOOD
ENOUGH

PAUSE
INHALE
EXHALE

RELEASE
SHAME

LEVEL WITH
YOURSELF +
OTHERS

Morning

Afternoon

Evening

*After
taking care
of myself
today,
I felt...*

Tips

Remember: anything you write on here counts!

Here are a few examples of how you might slot in your self care:

1. Cuddle your favorite animal (human or not!).
2. Breathe mindfully for five minutes.
3. Move your sweet bod for 20 minutes.
4. Take your best friend on a hike and really catch up with her.
5. Make yourself a bright, delicious green drink to start the day.
6. Cook a flat-out fantastic meal for someone you love and enjoy their company.
7. Get your 8 hours of shut-eye.
8. Read a phrase or poem that nourishes your heart.
9. Say, out loud, "I love and accept myself."