

Self-care chart

List ten simple things you could do to take better care of yourself. Choose which days you'd like to do each of the activities and then tick off each day that you complete one of your self-care activities

Things I could do that would help me to feel that I am taking care of myself:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							