Weekly Self-Care Planner

Week of: _____

Weekly Intention: _____

Focus Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body & Rest *Hydration, nourishing meal, nap, gentle stretch*							
Mind & Stillness *5 quiet minutes, deep breathing, stepping outside*							
Connection & Support *Text a friend, ask for help, share how you feel*							

Support I Can Ask For This Week	Tasks I Give Myself Permission to Pause	Small Win or Moment of Grace to Remember