

A graphic of a daily self-care planner on a wooden background. At the top is a title tag with a red ring. Below it are seven colored sticky notes for each day of the week, each with horizontal lines for writing. At the bottom right is a small notepad with a checklist of self-care activities. Paper clips and a blue folder are also visible in the top right corner.

Daily Self-Care

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Schedule something everyday:

Fun

Physical

Mindful & Peaceful

Social

Productive