

Weekly self-care planner (with example)



Week: 13 May 2019

My top goal this week: Sleep better this week!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Use meditation app on my commute to work Take morning walk (15 mins)	Remember to take the stairs today!		Use meditation app on my commute to work		Try new yoga class!	
Lunch				Go for a brisk lunchtime walk with colleagues			
After-noon							
Dinner				Cook a healthy meal and invite friends round.			
Evening Sleep	Have last cup of tea and switch devices (phones and TV) off at 9pm. Read in bed.	Have last cup of tea and switch devices (phones and TV) off at 8.30pm. Having a relaxing bath and dim the lights.	Have last cup of tea at 8pm and switch devices (phones and TV) off at 8.30pm. Play some relaxing music	Have last cup of tea at 7pm and switch devices (phones and TV) off at 8.30pm. Having a relaxing bath and dim the lights.	Have last cup of tea at 6pm and switch devices (phones and TV) off at 8.30pm. Try some relaxation breathing.	Have last cup of tea at 6pm and switch devices (phones and TV) off at 8.30pm. Having a relaxing bath and dim the lights.	Have last cup of tea at 6pm and switch devices (phones and TV) off at 8.30pm. Having a relaxing bath and dim the lights.
Water							