



Holiday

SELF CARE GUIDE



MY TO-DO LIST:

- Spend time alone
- Connect with others
- Spend time in nature
- Catch up on sleep
- Get exercise/move my body
- Find small moments of joy
-
-



GOAL: *spend time alone*



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL:



GOAL: *connect with others*



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL:



GOAL: *spend time in nature*



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL:



GOAL: *catch up on sleep*



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL:



GOAL:

get exercise



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL:



GOAL: *find moments of joy*



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

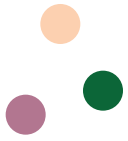
WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL:



GOAL:



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

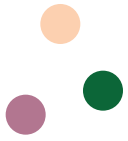
WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL:



GOAL:



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

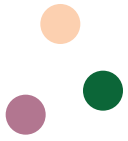
WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL:



GOAL:



WHAT THIS LOOKS LIKE
FOR ME:

HOW MUCH TIME I WILL NEED:

RESOURCES OR SUPPLIES
I WILL NEED:

WHEN I WILL DO THIS:

Did you do it?

Yay!

Check it off the list!

REFLECTIONS ON ACHIEVING THIS GOAL: