

7 Ways to take care of yourself every day

1. MAKE "YOU"
YOUR FIRST
TASK OF THE
DAY, THAT WAY,
IT'LL HAPPEN!

2. KEEP A
JOURNAL OF
ALL THE GOOD
THINGS IN YOUR
LIFE.

3. TAKE TIME OUT
EVERY DAY TO GET
IN TOUCH WITH
YOUR MIND AND
YOUR BODY, EG
MEDITATION OR
STRETCHES.

4. TREAT
YOURSELF TO
SOMETHING THAT
SAYS "YOU
MATTER".

5. SPEND TIME
WITH PEOPLE
WHO MAKE
YOUR HAPPY.

6. PLAN A
WEEKEND TRIP
TO A PLACE
YOU'VE NEVER
BEEN.

7. LEARN
SOMETHING
NEW . EXPAND
YOUR MIND
AND REAP THE
BENEFITS.

Daily Planner Monday

TIME FOR ME

GOALS

! URGENT !

TO DO

Daily Planner Tuesday

TIME FOR ME

GOALS

! URGENT !

TO DO

Daily Planner HUMPDAY

TIME FOR ME

GOALS

! URGENT !

TO DO

Daily Planner Thursday

GOALS

! URGENT !

TIME FOR ME

TO DO

Daily Planner Friday

GOALS

! URGENT !

TIME FOR ME

TO DO

Daily Planner Weekend

GOALS

! URGENT !

TIME FOR ME

TO DO

Daily Planner Weekend

GOALS

! URGENT !

TIME FOR ME

TO DO