



My 2023 Self-Care Routine

Daily

S M T W T F S

- Fix my bed
- Morning skincare
- 30 minutes of exercise
- Eat good, fresh food
- 8 glasses of water
- Be silly, laugh
- Hug someone
- Nighttime skincare
- Journal for 5 minutes
- 30 minutes of reading
- Pray/gratitude

Weekly

1 2 3 4

- Manicure/pedicure
- Exfoliate & sheet mask
- Lists/menus/budget
- Have a cleaning day
- De-clutter a small space

Monthly

J F M A M J J A S O N D

- Deep clean car
- Assess current goals
- Try something fun
- Take a nature drive/hike

