

Self-Care Mindfulness Tracker

	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Daily Nourishing Activities														
*How do I feel when I wake?														
*How do I feel at end of day?														
Weekly Nourishing Activities	Week 1							Week 2						
Monthly Nourishing Activities	J	F	M	A	M	J	J	A	S	O	N	D		
Quarterly Nourishing Activities	Q1			Q2			Q3			Q4				

*What is the correlation between how you are feeling and your self-care follow-through?

When you are tempted to forego self-care because someone or something "out there" wants your time and energy and you need to say "NO to them and YES to you", consider:

- I so support you (energetically) in ... and ... today is not a good day for me work with you.
- I am practicing non-negotiable self-love today and I am not available for you.
- I have learned that _____ really meets my needs. I am choosing not to do _____ these days.
- I planned _____ for today. The hardest thing for me to do in this moment is say NO to you and YES to me. And I am practicing! So, thank you, but no.