



Create Your Own Day-at-Home



Self-Care Ideas
and Scheduling Templates
To Help Get You
Through The Week!

Create Your Own



Day-at-Home



Self-Care Ideas For The Morning

- Plan out your morning routine
- Make your bed
- Wash your face, use a moisturizer on your skin
- Listen to a guided minute meditation.
- Stretch your body however feels good
- Write a to-do list (with action steps)
- Jam out to your favorite song
- Drink a glass of water
- Set a timer, and speed clean your surrounding area
- Focus on your breath, be present
- Journal or brain dump on a piece of paper
- Pour yourself a warm drink of your choice
- Take a cold shower
- Go for a walk or jog
- Sit in silence/lay in silence
- Don't look at your phone for the first hour
- Call a friend who you haven't spoken to in a while
- Make yourself your favorite breakfast
- Put on your favorite outfit (or one that makes you feel good)

Create Your Own



Day-at-Home



Self-Care Ideas For The Evening

- Make yourself some tea
- Light a candle
- Read a book
- Have a dance party by yourself
- Write a to-do list for the next day
- Take a hot shower
- Watch an inspiring, funny, or educational youtube video
- Get to sleep early
- Stay away from screens an hour before bedtime
- Wash your face, find a skin care routine that works for you
- Take a warm bath
- Write a gratitude list
- Unfollow social media accounts that no longer serve you
- .Have a good cry
- Make yourself an emergency self-care box
- Print out your favorite photographs to decorate your space
- Write out a goals list
- Do something for your future self
- Do something kind for someone else
- Move your body however it feels good

Create Your Own

Example!



Give it
a try!

Day-at-Home

Day of the week Monday

Self-care checklist
for the morning...

- ☒ make bed
- ☒ DRINK a glass of water
- ☒ Stretch
- ☒ JOURNAL for 5 minutes
- ☒ meditate

Self-care checklist
for the evening...

- ☒ Have a dance party
- ☒ Take a hot shower
- ☒ Light a candle
- ☒ Read a chapter
- ☒ No screentime before bed!

Today's to-do list:

- ☒ Check emails
- ☐ Prep for meeting
- ☒ Get a workout in
- ☒ Call Sasha!
- ☒ Laundry
- ☐ Meal prep

What feels most difficult?

Feeling Ready
for this meeting!

Today's affirmation:

I am capable

Create Your Own



Day-at-Home

Day of the week _____

Self-care checklist
for the morning...

- ☐
- ☐
- ☐
- ☐
- ☐

Self-care checklist
for the evening...

- ☐
- ☐
- ☐
- ☐
- ☐

Today's to-do list:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What feels most difficult?

Today's affirmation:

Create Your Own



Day-at-Home

Day of the week _____

Self-care checklist
for the morning...

- ☐
- ☐
- ☐
- ☐
- ☐

Self-care checklist
for the evening...

- ☐
- ☐
- ☐
- ☐
- ☐

Today's to-do list:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What feels most difficult?

Today's affirmation:

Create Your Own



Day-at-Home

Day of the week _____

Self-care checklist
for the morning...

- ☐
- ☐
- ☐
- ☐
- ☐

Self-care checklist
for the evening...

- ☐
- ☐
- ☐
- ☐
- ☐

Today's to-do list:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What feels most difficult?

Today's affirmation:

Create Your Own



Day-at-Home

Day of the week _____

Self-care checklist
for the morning...

- ☐
- ☐
- ☐
- ☐
- ☐

Self-care checklist
for the evening...

- ☐
- ☐
- ☐
- ☐
- ☐

Today's to-do list:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What feels most difficult?

Today's affirmation:

Create Your Own



Day-at-Home

Day of the week _____

Self-care checklist
for the morning...

- ☐
- ☐
- ☐
- ☐
- ☐

Self-care checklist
for the evening...

- ☐
- ☐
- ☐
- ☐
- ☐

Today's to-do list:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What feels most difficult?

Today's affirmation:

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Day of the week _____

Self-care checklist
for the morning...

- ☐
- ☐
- ☐
- ☐
- ☐

Self-care checklist
for the evening...

- ☐
- ☐
- ☐
- ☐
- ☐

Today's to-do list:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What feels most difficult?

Today's affirmation:

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Day of the week _____

Self-care checklist
for the morning...

- ☐
- ☐
- ☐
- ☐
- ☐

Self-care checklist
for the evening...

- ☐
- ☐
- ☐
- ☐
- ☐

Today's to-do list:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What feels most difficult?

Today's affirmation:

Create Your Own



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Remember, you gotta
nourish to flourish!

Thank you for embracing this
activity and taking this time to
care for yourself.

We love having you in our
community!

Join the conversation...
[@selfcareisforeveryone](#)