

# MALLOW MONTHLY SELF-CARE PLANNER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



# Mallow

## Self-Care Checklist

- |   |  |   |   |   |   |
|---|--|---|---|---|---|
| ✓ | <b>I completed my tasks,<br/>chores, work or studies</b> | ✓ | <b>I pushed myself out of<br/>my comfort zone</b> | ✓ | <b>I switched off my gadgets</b>                                  |
| ✓ | <b>And I kept myself<br/>moving and stretching</b>       | ✓ | <b>And I spent some<br/>time in nature</b>        | ✓ | <b>I made time to read fiction</b>                                |
| ✓ | <b>I nourished myself<br/>well</b>                       | ✓ | <b>I nurtured my plants</b>                       | ✓ | <b>And I spent quality time<br/>with myself</b>                   |
| ✓ | <b>And I kept myself<br/>well hydrated</b>               | ✓ | <b>And cuddled my pets</b>                        | ✓ | <b>And I practiced good sleep<br/>hygiene and slept well</b>      |
| ✓ | <b>And I indulged in the<br/>occasional treat</b>        | ✓ | <b>And I made some art</b>                        | ✓ | <b>I had fun with my favourite<br/>people and I laughed a lot</b> |
| ✓ | <b>I danced and sang and<br/>played loud music</b>       | ✓ | <b>I took time to pamper<br/>myself</b>           | ✓ | <b>And I nurtured my<br/>personal relationships</b>               |

**So yea, it's been a pretty good month!**

# Things I've learned about me

# Things I love about my life

## Things that triggered me

## Things I need to change