

Name: _____

Date: _____

Academic Week: _____



MY SELF-CARE PLAN



Self-care is really important for our mental wellness. Use this space to write down your daily self-care wish list, a list of all the ways you want to look after yourself. The to-do list will help you to stay on track. Use the space below to write down a daily positive affirmation or quote and write down what you are thankful for in space for gratitude.

Self-Care Wish List

To Do List

POSITIVE AFFIRMATION



DAILY GRATITUDE


