

the Happy Hour

- SELF CARE PLANNER - *example*

Self-Care Toolkit	
Mind	Body
meditate speak to my therapist journal get to bed early	yoga breath work work out hike

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mind	meditate get to bed early	journal get to bed early	meditate get to bed early	journal speak to my therapist get to bed early	meditate get to bed early	journal	meditate get to bed early
Body	Yoga breath work	breath work	work out breath work	breath work	Yoga breath work	hike	breath work

theHappyHour

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Self-Care Toolkit	
Mind	Body

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mind							
Body							