

Self-Care September

a weekly challenge for creatives

how it works: think of this page as your dance card! fill it with whatever self-care ideas (see next page) you like for the week. you can do this before the week starts, each morning, or just log what you did after the fact. the point is there should be no stress in filling out your self-care card!

Weekly Plan

SUNDAY

9/1

MONDAY

9/2

TUESDAY

9/3

WEDNESDAY

9/4

THURSDAY

9/5

FRIDAY

9/6

SATURDAY

9/7

self-care ideas

use this page as inspiration for how you'd like to take care of yourself this week. feel free to pull from another week's idea sheet, or use your own ideas! this is just a brainstorming page to get you thinking about small ways to take better care of yourself.

remember: you don't have to do something each day, and the things you do don't have to take up a lot of your time!

for more info, visit the link at the bottom of this page

don't forget to tag me!!

BODY

get moving

- + go on a walk, even if it's just to your mailbox
- + do some stretches
- + try a new workout

MIND

omm

- + do some yoga
- + meditate (put on some soothing music, close your eyes & focus on your breathing)

SOUL

pamper up

- + try a honey mask--wash your face & spread some honey on a damp face
- + give yourself a manicure (or just cut those talons!)

CREATIVE

all the words

- + listen to some inspirational music
- + doodle, sketch or paint
- + learn an instrument

FOOD

nourishing

- + try a new recipe--look at Pinterest for inspo!
- + eat a piece of fruit
- + take a vitamin

SOCIAL

good times

- + go on a date (or plan a stay-in date night)
- + go dancing!
- + plan a girls trip (or guys!)

FUNZIES

treat yoself!

- + buy something you've been eyeing
- + have a milkshake (or your equivalent)
- + get a massage