

# Taking charge of my **SELF-CARE** routine


Intent and Purpose: To create your own self-care routine that you can keep going back to.

This activity is best done in continuation of the worksheets My current self-care routine and My wishlist for self-care.

Once you complete this worksheet, you could put up in a place that you frequently see, such as around your work desk or your living space. This way you will be reminded of your list and be encouraged to plan your time and resources to implement the activities!

My daily must-do list

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My weekly self-care go-to list



My list of to-dos I would do every month

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Here are some ideas for you.

