

Self-Care Goals Outline

Date: _____

Dear [Your Name],

Introduction

In this letter, I aim to outline my self-care goals to ensure my mental, physical, and emotional well-being.

Physical Self-Care Goals

- Exercise for at least 30 minutes, 4 times a week.
- Drink at least 8 glasses of water daily.
- Get at least 7 hours of sleep each night.

Mental Self-Care Goals

- Practice mindfulness or meditation for 10 minutes daily.
- Read one book per month.
- Attend a workshop or class on a subject of interest.

Emotional Self-Care Goals

- Journal about my feelings at least 3 times a week.
- Schedule regular check-ins with loved ones.
- Seek professional help if needed.

Conclusion

By following this outline, I commit to prioritizing my self-care and maintaining a balanced life.

Sincerely,

[Your Name]