

# Self-Care Routine Plan

Date: \_\_\_\_\_

Dear [Your Name],

## Introduction:

In light of the need for regular self-care, I am creating a personalized self-care routine plan to prioritize my well-being.

## Daily Routine:

- Morning:
  - Wake up at 7:00 AM
  - 10 minutes of meditation
  - Healthy breakfast (e.g., oatmeal, fruits)
- Afternoon:
  - Take a 30-minute walk outdoors
  - Lunch break: Healthy sandwich/salad
  - 15 minutes of journaling
- Evening:
  - Read for 30 minutes
  - Warm bath or shower
  - Reflect on the day and plan for tomorrow

## Weekly Activities:

- Yoga class on Wednesdays
- Join a book club every Saturday
- Volunteer at the local shelter once a month

## Monthly Check-ins:

Review my self-care routine every month to assess what's working and what needs adjustments.

Best,

[Your Name]