

# MY UNRULY DAY

## THE PLAN

6:00 AM \_\_\_\_\_

7:00 AM \_\_\_\_\_

8:00 AM \_\_\_\_\_

9:00 AM \_\_\_\_\_

10:00 AM \_\_\_\_\_

11:00 AM \_\_\_\_\_

12:00 PM \_\_\_\_\_

1:00 PM \_\_\_\_\_

2:00 PM \_\_\_\_\_

3:00 PM \_\_\_\_\_

4:00 PM \_\_\_\_\_

5:00 PM \_\_\_\_\_

6:00 PM \_\_\_\_\_

7:00 PM \_\_\_\_\_

8:00 PM \_\_\_\_\_



## THINGS THAT MAKE ME HAPPY



## DAILY GOAL



## INSPO



# SELF-CARE CHECKLIST

FILL OUT WHAT BEST WORKS FOR YOU IN EACH CATEGORY AND AIM TO CHECK OFF ONE IN EACH SECTION EVERYDAY.



## MENTAL

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## PHYSICAL

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## SOCIAL

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## SPIRITUAL

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## OUR UNRULY SUGGESTIONS

- \* CALL A FAMILY MEMBER
- \* GO ON A STROLL
- \* POWER NAP
- \* 10 MINUTES OF MEDITATION
- \* JOURNAL
- \* CUP OF YOUR FAVORITE TEA

B R I N G O N T H E Z E N