

Feminine Self Care Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Today, I want to Feel ...							
Morning							
Afternoon							
Evening							
Today, I felt...							

Examples: meditation, sleep, exercise, bath, journaling, create something, dancing, prayer, alone time, friend time, time in nature, healthy food, singing, massage, manicure/pedicure, reading a good book.