Daily Self-Care Tracker

How am I feeling today?

😊 ☹️ 😠 😕 😮

Did I eat nourishing meals today? 🍽️

Hours slept: ....

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Positive Affirmation ❤️

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Glasses of water today

🥛🥛🥛🥛🥛🥛🥛🥛

Did I move my body today?

yoga   walk   stretch   dance

Any other movement............................

I'm grateful for today

Thank you

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What did I do for me today?

1. Read 5 minutes 📖,

2. Journal ✍️

3. Listen to music 🎵,

4. Quick nap 😴

What went well today? 🤗

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🌼 "Small steps are still progress 🌼