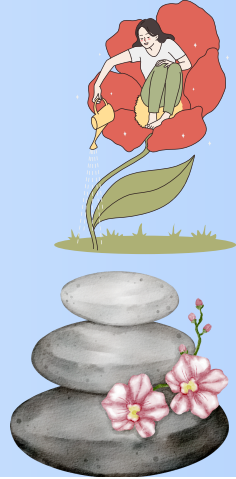




Self-Care Routine Planner



Guilt Free Mind



Morning Self-Care Rituals:

☀️ I will start my day with:

☀️ A small act of self-love I will practice:

☀️ Morning affirmation or intention:

Midday Re-centering Activities:

🌿 I will take a mindful break by:

🌿 To refresh my mind, I will:

🌿 A healthy choice I will make at lunch:

Evening Wind-Down Rituals:

🌙 I will relax by:

 To reflect on my day, I will:

 Nighttime gratitude practice:
