|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Daily Nourishing Activities | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| *\*How do I feel when I wake?* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *\*How do I feel at end of day?* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Weekly Nourishing Activities | Week 1 | Week 2 |
|  |  |  |
|  |  |  |
|  |  |  |
| Monthly Nourishing Activities | J | F | M | A | M | J | J | A | S | O | N | D |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quarterly Nourishing Activities | Q1 | Q2 | Q3 | Q4 |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Self-Care Mindfulness Tracker**

*\*What is the correlation between how you are feeling and your self-care follow-through?*

When you are tempted to forego self-care because someone or something "out there" wants your time and energy and you need to say "NO to them and YES to you", consider:

* I so support you (energetically) in ... and ... today is not a good day for me work with you.
* I am practicing non-negotiable self-love today and I am not available for you.
* I have learned that \_\_\_\_\_ really meets my needs. I am choosing not to do \_\_\_\_\_ these days.
* I planned \_\_\_\_\_ for today. The hardest thing for me to do in this moment is say NO to you and YES to me. And I am practicing! So, thank you, but no.