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