

What does my daily routine look like?

What do I like and dislike about my daily routine?

In what ways am I neglecting myself?

When do I feel most energized during my day and when do I feel least energized?

energized?			

What does self care mean to me?

What self care practices would I ideally like to incorporate into my life?

What self care practices can I commit to on a daily/weekly/monthly basis?







