



DAILY SELF-CARE PROMPTS

Start and end your day with a moment of self-reflection. Remember, that making space for stillness and reflection are important tools for discovery, healing and growth.

MORNING CHECK IN - as you begin your day

What does my body, mind, spirit need today?

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What do I need to take care of today?

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My personal goal for the day is

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EVENING RITUAL & CHECK IN - at the end of my day

What did I learn about myself and my life today?

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What do I need to let go of so that I can get a peaceful sleep?

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What am I most grateful for in this moment?

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