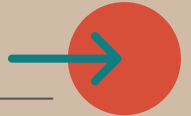




SELF CARE ROAD MAP



GOALS FOR MY MIND

.....

▶

▶

▶

GOALS FOR MY BODY

.....

▶

▶

▶

MIND

MENTAL HEALTH

MINDFULNESS AND
SELF KNOWLEDGE

SOUL

STIMULATION AND
FULFILLMENT

BODY

SELF-CARE

BASIC HYGIENE
AND BODY CARE

IMPROVEMENT

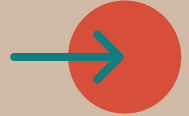
EXERCISE, SLEEP
AND HEALTHY FOOD

GOOD RULES +
HABITS I WANT
TO LIVE BY





DEAR MY FUTURE SELF



TODAY'S DATE

.....

INSTRUCTION

WRITING A LETTER TO YOUR FUTURE SELF IS A FUN EXERCISE THAT LETS YOU REFLECT ON YOUR CURRENT LIFE, AS WELL AS YOUR GOALS AND DREAMS.

THIS EXERCISE ASKS YOU TO IMAGINE YOUR LIFE GOING AS WELL AS IT POSSIBLY COULD, THEN WRITE ABOUT THIS BEST POSSIBLE FUTURE.

BY DOING SO, RESEARCH SUGGESTS THAT YOU'LL NOT ONLY INCREASE YOUR HAPPINESS IN THE PRESENT BUT PAVE THE WAY FOR SUSTAINED HAPPINESS DOWN THE LINE.

DEAR ME,

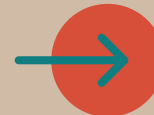
Lined writing area for the letter.



SINCERELY,
MYSELF



SOUL STUFF NOTES



INSTRUCTION
FILL THESE SPACE WITH
YOUR FAVORITE ACTIVITIES +
THINGS
TO FALL BACK ON WHEN
YOU'RE
IN A BAD MOOD AND HAVING
A NOT-SO-GOOD DAY.

MY FAVORITE

FAVORITE MOVIES

-
- ▶
- ▶

FAVORITE BOOKS

-
- ▶
- ▶

FAVORITE GAMES

-
- ▶
- ▶

THINGS I DO WHEN I'M SAD

-
-
-

THINGS I DO WHEN I'M BORED

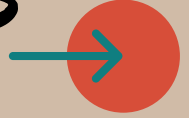


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-
-

THIS YEAR I'M LOOKING FORWARD TO



30 SELF-CARE CHALLENGES



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRETCH ALL YOUR MUSCLES	DRINK MORE WATER	GO FOR A WALK IN NATURE	INDULGE IN YOUR FAVORITE TREAT	GO TO BED EARLIER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LISTEN TO FAVORITE SONG	EAT HEALTHY, COLORFUL MEALS	TAKE A NICE BUBBLE BATH	COOK YOUR FAVORITE MEAL	PRACTICE YOGA
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GO ON A SOLO DATE	JOURNALING	GIVE YOURSELF A FACIAL	PRACTICE GRATITUDE	TRY A DIY PROJECT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WATCH THE SUNRISE	READ A BOOK	EXPLORE A NEW CITY	WATCH YOUR FAVORITE MOVIE	GIVE YOURSELF A MANICURE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GET SOME SUNLIGHT	START A NEW HOBBY	WRITE OUT YOUR GOALS	ORGANIZE YOUR CLOSET	WATCH THE SUNSET
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GIVE YOURSELF A BREAK	LEARN A NEW SKILL	CREATE YOUR IDEAL FUTURE	SURROUND YOURSELF WITH POSITIVITY	DRINK PLENTY OF WATER

