



My Self-Care Plan

Where science meets heart in your journey to authentic wellbeing

Self-care isn't selfish; it's something you need to prioritise for your wellbeing. Use this planner to build small, sustainable practices into your week. Start with just one thing in each area.

Area of Wellbeing	What I'll do	When
Body (movement, rest, nourishment)		
Mind (learning, creativity, calm)		
Heart (connection, joy, expression)		
Soul (meaning, nature, stillness)		

What usually gets in the way?

When I can't do my full plan, I'll give myself permission to...

Personal reflections:

The Honest
JOURNEY

Gentle reminder: Self-care doesn't need to be elaborate. A 5-minute walk, a cup of tea in silence, or simply saying "no" to one thing all count.