



Daily Guide with Self-Care Focus

Today is _____

Today I choose to feel _____

To care for my body, mind, or spirit, I will

* _____

* _____

One tiny thing I can do to have fun or be playful today is

* _____

I would feel **good (relieved or lighter)** about today if I did nothing else but:

* _____

* _____

* _____

One small step or tiny action I can take to get started on what's most important is:

* _____

Today I'm grateful for _____