

Self-Care Routine Template

Use this self-care routine template to create a personalised plan for taking care of your physical, emotional and mental well-being. Fill in the blanks with activities that you enjoy and find helpful. Remember, self-care is essential as you explore your voice in storytelling and advocacy.

MORNING

(may include things like what helps you wake up, gratitude, physical activities, breakfast etc):

AFTERNOON

(may include things like time for breaks, creative activities, socialising, mindfulness exercises, lunch etc):

EVENING

(may include things like what helps you wind down, relaxing hobbies, time with loved ones, dinner, bedtime and sleep routines etc):

WEEKLY SELF-CARE ACTIVITIES

Set aside time for:

Engage in self-care such as:

Reflect on my achievements by:

Plan and prioritise my tasks and goals for
the week by:

Engage in something that brings me joy:

**.our voices
our lives
our way.our voices
our lives
our way.our vo**

Creating a self-care routine can help you maintain your wellbeing on your journey of storytelling and advocacy. These are just prompts, you decide what works for you and when.

Just try to make self-care a priority in your daily life. And remember to be kind to yourself.

Your wellbeing matters!

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