

Self-Care 7-Day Bullet Journal Template

Week of: _____



What do you need to do to feel your best?

Some people feel better when they do certain things for every aspect of their well-being every day, or at least regularly. Some people feel better when they take time to meditate, dance, journal, or stick to a certain diet.

Take a moment to think about what makes you feel good, then do it!

Weekly Habit/Goal/Intention:

I Feel Better When I:		M	T	W	Th	F	S	Su
Physical/ Nutritional:								
Mental/ Intellectual:								
Spiritual/ Creative:								
Emotional:								
Social:								