

SELF CARE ROUTINE

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MONDAY

AFFIRMATION	MOVEMENT	MINDFULNESS	BRAIN POWER	SLEEP
_____	I did _____	I practiced	I learned	I got ___ hours
_____	minutes of	mindfulness/	something new	of rest today.
_____	meaningful	meditation/	today.	
_____	movement	gratitude today.		
_____	today.	Yes___ No___	Yes___ No___	

TUESDAY

AFFIRMATION	MOVEMENT	MINDFULNESS	BRAIN POWER	SLEEP
_____	I did _____	I practiced	I learned	I got ___ hours
_____	minutes of	mindfulness/	something new	of rest today.
_____	meaningful	meditation/	today.	
_____	movement	gratitude today.		
_____	today.	Yes___ No___	Yes___ No___	

WEDNESDAY

AFFIRMATION	MOVEMENT	MINDFULNESS	BRAIN POWER	SLEEP
_____	I did _____	I practiced	I learned	I got ___ hours
_____	minutes of	mindfulness/	something new	of rest today.
_____	meaningful	meditation/	today.	
_____	movement	gratitude today.		
_____	today.	Yes___ No___	Yes___ No___	

THURSDAY

AFFIRMATION	MOVEMENT	MINDFULNESS	BRAIN POWER	SLEEP
_____	I did _____	I practiced	I learned	I got ___ hours
_____	minutes of	mindfulness/	something new	of rest today.
_____	meaningful	meditation/	today.	
_____	movement	gratitude today.		
_____	today.	Yes___ No___	Yes___ No___	

FRIDAY

AFFIRMATION	MOVEMENT	MINDFULNESS	BRAIN POWER	SLEEP
_____	I did _____	I practiced	I learned	I got ___ hours
_____	minutes of	mindfulness/	something new	of rest today.
_____	meaningful	meditation/	today.	
_____	movement	gratitude today.		
_____	today.	Yes___ No___	Yes___ No___	