

# #selfcare\_in\_september

@back2basics\_kris

## Week 5 Create a self-care routine

September 26 Monday  
Today I am making a self-care pledge to myself. My pledge will include the following sentences:  
"I pledge to..."  
"Because I have learned that this helps me..."  
"And because I need and deserve..."

September 27 Tuesday  
Planning self-care:  
Today I am taking things from "My Happy List" and making time for one this week and one every week during October.

September 28 Wednesday  
Today I am making my very own daily self-care plan. I am writing down what I will do to take care of myself each morning, during the day, and in the evening. I can include my self-care plan in my habit tracker or make a separate tracker for self-care.

September 29 Thursday  
Today I am making my own weekly and monthly self-care strategy: "At least x-times a week I will..." and "At least x-times a month I will...". I can include my strategy in my habit tracker or make a separate tracker.

September 30 Friday  
Today I am finishing this challenge strong by putting into words:  
- My biggest realization during the challenge  
- 3+ things I learned about myself  
- My goal for my future self-care.

Drawn by @sofie\_buch