

Savvy Self-Care

Mastery Circle

90 Day Tracking Journal

Brief Instructions:

- Complete the page with delicious things you love (to do) for self-care
 - In the beginning of each week, plan your self-care activities
 - At the end of the same week, fill in your self-care progress
 - Write down any questions you may want to get support with
- Write down other successes. When you start looking after yourself, other things in your life will start shifting as well. Make sure to notice them!

Be kind with yourself in the process.

As with any new habit, it doesn't always stick right from the start.

Do your best, get back on the bus if you fall off.

Be as gentle with yourself as you are with others!

Goals Worksheet

How I Love to Keep my Physical Energy High

How I Love to Keep my Emotional Energy High

How I Love to Keep my Mental Energy High

How I Love Take to Keep my Spiritual Energy High

Weekly Tracking Sheet for the Week of: _____

Keep track of your weekly successes, challenges, goals, questions, and progress.

This Week's Self-Care Goals: _____

I'm proud of these Self-care Activities: (fill in at the end of the week)

My Questions and Successes: _____

"Lighten up on yourself. No one is perfect. Gently accept your humanness." – Deborah Day

Weekly Tracking Sheet for the Week of: _____

Keep track of your weekly successes, challenges, goals, questions, and progress.

This Week's Self-Care Goals: _____

I'm proud of these Self-care Activities: (fill in at the end of the week)

My Questions and Successes: _____

"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort." – Deborah Day

Weekly Tracking Sheet for the Week of: _____

Keep track of your weekly successes, challenges, goals, questions, and progress.

This Week's Self-Care Goals: _____

I'm proud of these Self-care Activities: (fill in at the end of the week)

My Questions and Successes: _____

"Self-compassion is simply giving the same kindness to ourselves that we would give to others." – Christopher Germer

Weekly Tracking Sheet for the Week of: _____

Keep track of your weekly successes, challenges, goals, questions, and progress.

This Week's Self-Care Goals: _____

I'm proud of these Self-care Activities: (fill in at the end of the week)

My Questions and Successes: _____

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."
– Etty Hillesum

Weekly Tracking Sheet for the Week of: _____*Keep track of your weekly successes, challenges, goals, questions, and progress.*

This Week's Self-Care Goals: _____

I'm proud of these Self-care Activities: (fill in at the end of the week)

My Questions and Successes: _____

"In dealing with those who are undergoing great suffering, if you feel "burnout" setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective." - Dalai Lama

Weekly Tracking Sheet for the Week of: _____

Keep track of your weekly successes, challenges, goals, questions, and progress.

This Week's Self-Care Goals: _____

I'm proud of these Self-care Activities: (fill in at the end of the week)

My Questions and Successes: _____

"Don't sacrifice yourself too much, because if you sacrifice too much there's nothing else you can give and nobody will care for you." ~ Karl Lagerfeld