

SELF-CARE ROUTINE IDEAS

Specific ideas of things that you can add to your routine daily, weekly and monthly

DAILY

Wake up 30 minutes early to exercise
Leave on time for school/work
Drink 8 glasses of water
Go walking on lunch break
Focus on your job while at work
Leave work when leaving your job
Take your dog for a walk/hike
Add to grocery list
Help kids with homework

Clean up each mess made throughout the day
Find at least 30 min. to clean
Eat healthy meals
Stick to your written budget
Journal
Meditate/Pray
Check-in with friends
Prepare things for the next day (clothes, food, homework, etc)

WEEKLY

Review your daily routine
Find time to call on financial matters
Keep your gas tank more than 1/2 full
Check car tires, etc.
Go grocery shopping
Check-in with kids on any big projects coming up that they might need help with or supplies for

Prep meals for the week
Find at least 1 hour to deep clean/organize
Go to church
Check kids events/activities for anything coming up within the next week
Find one small thing you can do to improve your life- and do it! (find a spot to keep your keys, etc)

MONTHLY

Write up a daily routine
Schedule any dentist/doctor appointments
Sit down and review your budget
Write up a meal plan for the month and also a general grocery list for meals planned
Organize bills
Attend extra training or professional development or figure out when one will be
Prioritize goals

Organize 1 thing (closet, drawer, garage, etc)
Find a way to help a family member/friend
Go out and do something fun as a family
Add kids school events to your calendar
Schedule a time to meet up with friends/family
Review long-term goals and what you need to do to get there.
Set phone alarms reminding you when to sleep, drink water, or anything else you need to do regularly