

# Self-Care Time Planner

The Beauty Order | A Gentle Guide to Caring for Yourself in This Season

## My Top 3 Non-Negotiable Self-Care Practices

---

---

---

## My Weekly Anchor Points

Morning: \_\_\_\_\_

Midday / Nap Time: \_\_\_\_\_

Evening: \_\_\_\_\_

## Low Energy Options

---

---

---

## Medium Energy Options

---

---

---

## High Energy Options

---

---

---

## My Weekly Self-Care Plan

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Saturday: \_\_\_\_\_

Sunday: \_\_\_\_\_

### Gentle Reminder:

I deserve care. Small moments count. Progress over perfection.