THE ART OF
Self-Care
A daily Tracker for Personal Care

What am I grateful for today?

PSYCHOLOGICAL SELF

1. Learn a new skill or hobby
2.
3.
4.
5.
6.

EMOTIONAL SELF

1. Allow myself to fully feel my emotions
2.
3.
4.
5.
6.

PHYSICAL SELF

1. Get a good nights sleep
2.
3.
4.
5.
6.

SPIRITUAL SELF

1. Read a spiritual message
2.
3.
4.
5.
6.

Notes: