

# HABIT TRACKER

## INSTRUCTIONS

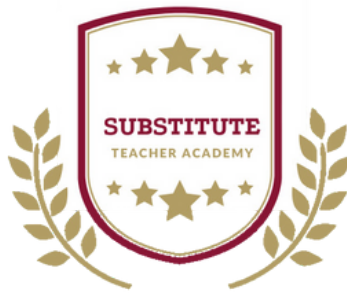
Either download and print out this worksheet or use a pencil and paper to copy the design to your own journal/notebook.

Building healthy habits is an important part of self-care and an easy way to incorporate small changes into your routine.

To fill out this tracker, choose a few habits that you want to develop over time. These can be daily, weekly, and monthly habits. Examples of daily habits include making your bed, taking a walk, journaling, or drinking three bottles of water. Weekly habits could be washing your sheets, planning your upcoming week, or calling a friend/family member. Monthly habits might look like reading one book per month, doing a monthly detox day, or having a night out.

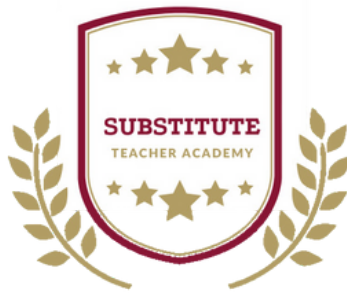
Reminders:

1. You do not need to fill in every space in this tracker, even consistently adding one or two habits to your day can make a huge difference.
2. Do not beat yourself up if it is difficult to remember your habits, the purpose of this tracker is to help you get better at including these things into your life but no one is perfect.
3. If you find that a certain habit is not adding anything positive to your life, scrap it and try another! This is the time to experiment and become the best version of you that you can.



# SELF-CARE BINGO

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# SELF-CARE BINGO

## INSTRUCTIONS

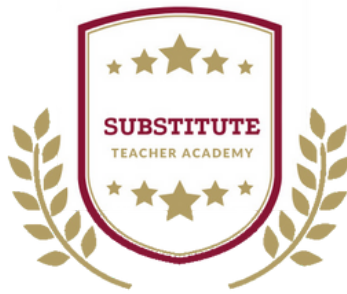
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Often times, people forget to incorporate self-care into their lives or feel that they don't even know where to begin.

To fill out this worksheet, make a list of things that you consider to be self-care. Place each item on your list into each box on this bingo sheet. Play a game with yourself, every time you complete one of the self-care items on your bingo sheet you get to cross it off. This will make you feel like you are being productive by getting closer to your goal of a bingo. Try to get a bingo! Try to get a blackout! Usually a sheet like this will last for one month.

Reminders:

1. Your version of self-care will look different from other people. Use the internet for inspiration, but remember that there is no right or wrong way to perform self-care. What can you do to go out of your way to take care of your mind and body?
2. The things on this sheet do not have to take a long time. The simple act of buying yourself flowers, indulging in a warm drink, or wearing your favorite sweater can count as an item on your bingo sheet.



# HAPPINESS MENU

## Appetizers

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## Entrees

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## Sides

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## Desserts

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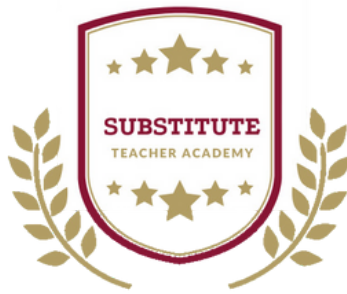
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# HAPPINESS MENU

## INSTRUCTIONS

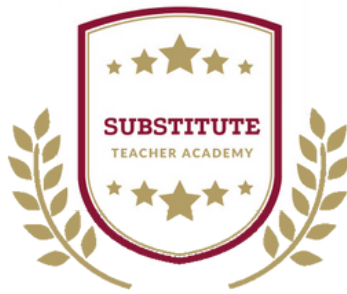
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It is common when someone is feeling down for them to not have the tools to boost their mood. This happiness menu can serve as a written reminder of the things you can do to lift your spirits.

To fill out this tracker, list the things you can do when feeling down to boost your mood. Appetizers are things you can do that take less than ten minutes. Examples include cuddling your pet or meditating. Entrees are things you can do that take longer than ten minutes. Example include taking a day trip or going a dinner date. Sides are things you can do that can make a not-so-fun task more enjoyable. Examples include listening to music or drinking a hot tea while you complete another task. Desserts are things you can do that are good in moderation. Examples include watching some funny videos on your phone or eating a piece of candy.

Reminders:

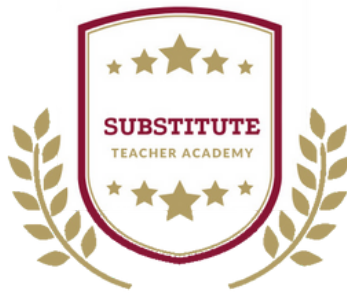
1. What brings you happiness will be different from everyone else. Use the internet for inspiration, but also do some self-reflection on what truly brings YOU joy.
2. Evaluate your situation before choosing which category to pick from on your happiness menu. Do you have a whole day to spare or only ten minutes? Do you need something to make completing a task more enjoyable?



# SLEEP TRACKER

9pm 10pm 11pm 12pm 1am 2am 3am 4am 5am 6am 7am 8am 9am 10am 11am

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# SLEEP TRACKER

## INSTRUCTIONS

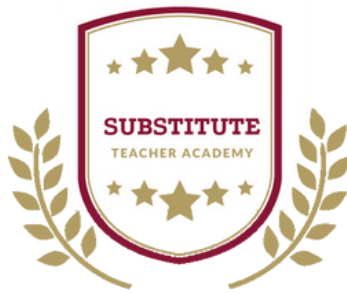
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Developing a healthy sleep schedule is crucial to living your best life. Use this tracker to evaluate your sleeping patterns and improve upon your schedule.

To fill out this tracker, use a marker or highlighter each day to draw a line between the hour that you fell asleep and the hour you woke up. If you notice inconsistencies with your pattern (not enough hours of sleep, not going to sleep or waking up at a consistent time), evaluate your life and attempt to build a healthier pattern.

Reminders:

1. Do research on how many hours of sleep is recommended for the average person. Remember that some people need more or less sleep than others, for example men and women tend to need different amounts of sleep.
2. Take into account your daily schedule and responsibilities. If you need to be at work at 7:30, meaning you need to be awake by 6:30, your best option is to start going to sleep earlier at night if you want to increase the amount of sleep you are getting.
3. Just because you don't have work on the weekends doesn't mean you can abandon your work schedule. Sleeping until 11am on the weekends is going to completely mess up your schedule for the coming week. Consider sleeping just one extra hour on the weekend to give yourself that extra rest but not mess up your schedule.



# MOOD TRACKER

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## Color Code

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# MOOD TRACKER

## INSTRUCTIONS

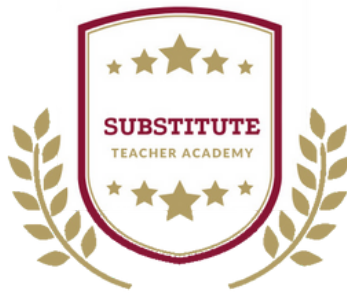
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Self-reflection is an important part of realizing your needs. Tracking something like your daily mood can help you recognize patterns and make changes to your life.

To fill out this tracker, fill out the color code to correspond to the multitude of moods you may feel on a daily basis. This could be as simple as happy, sad, and neutral, or could dive deeper into moods such as stressed, confident, anxious, depressed, excited, etc. Each night, take a moment to reflect on your day and fill in your daily bubble with the emotion(s) you felt that day.

Reminders:

1. Choose emotions that you personally feel on a daily basis. If you are not an anxious person, perhaps anxious is not needed on your color code. If you tend to find yourself often feeling self-conscious this may be something you should add.
2. Consistently reflect on the patterns that appear on this worksheet. How does your mood correspond with the rest of your life? Does your mood drastically change when the weather changes? When a relationship in your life changes? Now with this knowledge, how can you alter parts of your life to positively impact your mood?

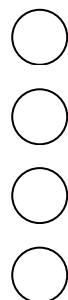
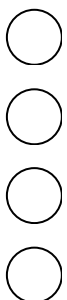


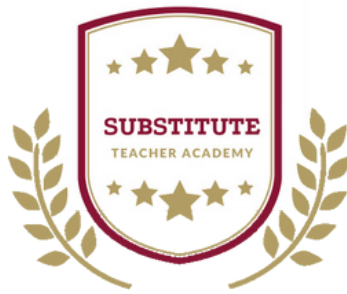
# MOVEMENT TRACKER

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## Color Code





# MOVEMENT TRACKER

## INSTRUCTIONS

Either download and print out this worksheet or use a pencil and paper to copy the design to your own journal.

Movement is such an important part of self-care. Tracking your movement can help you stay consistent as well as recognize patterns in how your daily life impacts your daily movement

To fill out this tracker, fill out the color code to correspond to the multitude of different ways you can move your body. Some ideas include taking a walk, doing yoga, going to the gym, going on a run, doing a workout video, or simply stretching. Each night, take a moment to reflect on your day and fill in your daily bubble with the movement that you completed that day. This tracker will make you feel productive as well as serve as a reminder to move your body.

Reminders:

1. Choose types of movements that are realistic to your body, abilities, and needs. If you do not have a gym membership, do not put gym on your color code.
2. If you are not a very active person but want to include movement of some kind into your life, your color code can be small forms of movement rather than long activities. Perhaps your list includes doing a stretch in your chair at work, walking around your block, or doing ten squats.