

THE WEEKLY SELF CARE AGENDA

Developed by Project Passport

Monday

Take yourself on a 15 min walk or drive. Don't have a destination in mind.

Tuesday

Write yourself a positive review or love note. Leave it on the mirror all week.

Wednesday

Complete no chores. Just relax for the rest of the evening after work or school.

Thursday

Take a night off social media. No comparing or overthinking. Just hang with yourself.

Friday

Eat something you love and don't feel guilty about it. Just for today and in moderation!

Sat & Sun

Talk to someone who makes you feel great and write down 10 things you are grateful for.

