

Ideal Self-Care Schedule

Self-care routines are easy to lose when you are faced with the chaos of cancer. This exercise can help you map out habits that want to create or recreate. For each activity, think about how often you'd like to complete it each day/week/month. You can skip items that do not feel important to you.

ACTIVITY	X DAILY	X WEEKLY	X MONTHLY
Dance to your favorite song			
Do something kind for a stranger			
Call a loved one			
Spend time in nature			
Express yourself through art or writing			
Cook or bake your favorite meal			
Sing along to the radio			
Go for a jog or run			



