

# 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			



# Ideal Self-Care Schedule

The blank chart below can be filled in with other activities not already mentioned.

Once you have completed your charts, take a few minutes to reflect on your list. Which activity feels like the biggest priority? Is there a way that you could add this activity into your life more often? Small changes that take 5-10 minutes per day are the most likely to be effective. Over time, small changes add up and help you get closer to where you want to be.

ACTIVITY	X DAILY	X WEEKLY	X MONTHLY

