

# WEEKLY PULSE

## for Self-Care Planning

### This Week...

I will prioritize myself by:

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My "Why" for prioritizing myself is:

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My Weekly Affirmation is:

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### Habits Tracker

| Habits | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--------|-----|------|-----|-------|-----|-----|-----|
|        |     |      |     |       |     |     |     |
|        |     |      |     |       |     |     |     |
|        |     |      |     |       |     |     |     |
|        |     |      |     |       |     |     |     |
|        |     |      |     |       |     |     |     |
|        |     |      |     |       |     |     |     |
|        |     |      |     |       |     |     |     |

### Weekly Reflection...

#### Weekly Self-Care Rating

|                    |   |   |   |   |   |   |   |   |   |    |
|--------------------|---|---|---|---|---|---|---|---|---|----|
| Focus on Self-Care | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Mood               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Stress             | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Relationships      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Diet               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Fitness            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Life Balance       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Productivity       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

My biggest accomplishment was:

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I was most productive when:

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The best part of the week was:

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I loved myself by:

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The best self-care thing I did for myself was:

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The most challenging part of the week was:

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#### Focus for Next Week:

Romance | Friendship | Fitness | Self-Care | Diet | Family | Health