Daily Self Care Plan

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

- Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

Important information before you begin Daily Self-Care Plan for Increasing Self-Worth and Empowerment

- Choose what is appropriate for you

  _____
  _____ Participation is voluntary. You may skip a prompt, keep your eyes open, change an exercise, pause, or stop. Some material may bring up discomfort, strong emotions, memories, dizziness, or physical sensations. The resource may use clinical or wellness terms to explain general concepts; those terms are not a personalized assessment or recommendation.

No promised outcome No particular physical, emotional, legal, relationship, or other result is promised. Information can become outdated, and experiences differ. Consult an appropriately qualified professional about your individual needs, medications, health conditions, safety, legal matter, or treatment decisions.

Emergency and crisis needs call or text 988 for suicide or crisis support. Call 911 for an immediate emergency when that is safe and appropriate. Outside the United States, use your local emergency or crisis resources.

By continuing, you acknowledge that you have read this page and understand the resource's educational scope.

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immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle DailySelf-CarePlanfor IncreasingSelf-WorthandEmpowerment Hello! Thankyoufor takingthetimetoreadthisandgoodluckonyour journeytowardsself-improvement andemotional growth. ThiswasdevelopedbyMichelleD. Elder, LMHC,alicensedmental healthcounselor inWashingtonState, in2024, utilizingownwrittencontent andarrangingvariousAI-generatedcontent that hasbeenfact-checkedandeditedbasedonevidenced-basedtherapeuticinterventionsasneeded.

Creatinganempoweringself-careplanthatfocusesonincreasingself-worthandself-lovecansignificantlyimpactyour em
otionalwell-beingandhelpyouavoidreturningtoatoxicrelationship.Here'sanin-depthdailyself-careplandesignedto fost erself-love,confidence,andempowermentoveroneweek.

Day1:Self-DiscoveryandAffirmations

Morning:

l GratitudeJournal:Writedownthreethingsyouaregratefulfor. Focusonaspectsofyourselfthatyouappreciate.l PositiveAffirmations:Standinfrontofamirror, lookintoyoureyes,andrepeattheseaffirmationsaloud:l "Iamworthyofloveandrespect."l "Iamstrongandcapable."l "Ideservehealthyandsupportiverelationships."

Afternoon:

l Self-Reflection:Spend15minutesreflectingonpastachievementsandstrengths.Writethemdowninajournal. l MindfulBreathing:Practicedeepbreathingexercisesfor5minutes.Focusonthepresentmomentandletgoofanyneg ati vethoughts.

Evening:

l Self-CareActivity:Takearelaxingbathwithyourfavoriteessentialoils.Focusonnurturingyourbodyandmind.l EmpowermentReading:Readachapterfromanempoweringbookbyafemaleauthor.

Reflectonhowthecontentrelatestoyourlifeandaspirations.

Day2:NourishingtheBodyandSoul

Morning:

l HealthyBreakfast:Prepareanutritiousbreakfastthatyouenjoy. Focusonhowthefoodnourishesyourbody.l StretchingRoutine:Spend10minutesdoinggentlestretchesoryoga.Focusonconnectingwithyourbody.

Afternoon:

l CreativeExpression:Engageinacreativeactivitysuchasdrawing,painting,orwriting.Expressyouremotionsandtho ug htsfreely.l WalkinNature:Takea20-minutewalkinaparkornaturalsetting.Reflectonthebeautyaroundyouandhowitmir rorsyourowninnerbeauty.

Evening:

l SocialConnection:Callormeetupwithasupportivefriendorfamilymember.Shareyourthoughtsandfeelings,andlist en totheirs.l PositiveMedia:WatchanempoweringTEDtalkordocumentaryaboutstrongwomenovercomingchallenges.

Reflectonthelessonslearned.

Day3:SettingBoundariesandGoals

Morning:

l BoundarySetting:Writedownyourpersonalboundariesandwhytheyareimportanttoyou.Reflectonpastexperienc es whereboundarieswerenotrespectedandhowyouwillenforcetheminthefuture.l Affirmations:RepeatyourpositiveaffirmationsfromDay1.Addanynewaffirmationsthatresonatewithyou.

Afternoon:

l GoalSetting:Setthreeshort-termandthreelong-termgoalsrelatedtoyourpersonalgrowthandself-worth.Writedow na ctionablestepstoachievethesegoals.l

Self-Compassion:Writeacompassionatelettertoyourself,acknowledging your

strugglesandexpressingkindnessandunderstanding.

Evening:

l RelaxationTechniques:Practicearelaxationtechniquesuchasprogressivemusclerelaxationorguidedimagery.

Focusonreleasingtensionfromyourbody.l

InspirationalReading:Readanarticleorbookchapteraboutawomanwhoha

ssuccessfullyestablishedandmaintainedhealthyboundaries.Reflectonhowyoucanapplytheselessonstoyourlife.

Day4:Self-CareandPampering

Morning:

l MorningRitual:Createamorningritualthatincludesactivitiesyoulove,suchassippingyourfavoritetea,journaling,orl ist eningtoupliftingmusic.l
Affirmations:Continuewithyourdailyaffirmations.Visualizeyourselfachievingyourgoalsandlivingalifeofself-worth.

Afternoon:

l PamperingSession:Treatyourselftoapamperingsession,suchasaDIYfacial,manicure,orrelaxingspatreatment.

Foc

usonhowgooditfeelstotakecareofyourself.l

LearningandGrowth:Enrollinanonlinecourseorwatchtutorialsonatopicth

atinterestsyou.Empoweryourselfthroughlearningandpersonalgrowth.

Evening:

l MindfulMeditation:Practicea10-minutemindfulnessmeditation,focusingonself-loveandacceptance.l VisionBoar d:Createavisionboardwithimagesandwordsthatrepresentyourgoals,dreams,andtheempoweredlifeyouenvisionf oryo urself.

Day5:CultivatingStrengthandResilience

Morning:

l Exercise:Engageinaphysicalactivitythatmakesyoufeelstrongandempowered,suchasaworkout,danceclass,or mar tialartssession.l Affirmations:Repeatyourdailyaffirmationswithconvictionandbelief.

Afternoon:

l EmpowermentActivity:Writeaboutatimewhenyouovercameachallenge.Reflectonthestrengthsandskillsyouused to overcomeit.l
MentorshipandInspiration:Reachouttoamentororreadaboutafemalerolemodelwhoinspiresyou.Reflecttonthequalitiesyouadmireandhowyoucancultivatetheminyourself.

Evening:

l Self-CareRitual:Createacalmingeveningritual,suchassippingherbaltea,readingafavoritebook,orpracticinggentley oga.l
JournalReflection:Reflectonyourprogresssofarthisweek.Writeaboutanyinsightsorchangesyou'venoticedinyourself-worthandempowerment.

Day6:EmbracingSelf-Love

Morning:

l GratitudePractice:Startthedaybywritingdownthreethingsyouloveaboutyourself.Focusonqualities,achievements,a ndattributesthatmakeyouproud.l
Affirmations:Continuewithyouraffirmations.Reflectonhowtheymakeyoufeelstrongerandmoreempoweredeachday.

Afternoon:

l ActsofKindness:Performanactofkindnessforsomeoneelse.Noticehowgivingandcompassiontowardsothersalsobo ostsyourownself-worth.l
Self-LoveActivity:Spendtimedoingsomethingyouloveandarepassionateabout,whetherit'sahobby,acraft,oraleisureactivity.

Evening:

l ReflectionandGratitude:Reflectontheactsofkindnessyouperformedandhowtheymadeyoufeel.Writeaboutthepositi veimpactonbothyouandtherecipient.l

Self-CompassionMeditation:Endthedaywithaself-compassionmeditation,foc

usingonlovingandacceptingyourselfexactlyasyouare.

Day7:FuturePlanningandSustainingSelf-Worth

Morning:

l MorningReflection:Reflectontheweek'sactivitiesandhowtheyhaveimpactedyourself-worthandsenseofempowe rm ent.l
Affirmations:Reinforceyouraffirmations.Addanynewonesthathaveresonatedwithyouthroughouttheweek.

Afternoon:

l
SustainingSelf-Worth:Writeaplanforhowyouwillcontinuetopracticeself-careandmaintainyourself-worth.Included aily, weekly, andmonthlyactivities.l
CommitmentLetter:Writealettertoyourselfcommittingtoneverreturntoatoxicrelations hip.Detailthereasonswhyyoudeservebetterandthestepsyouwilltaketoensureyoustayempoweredandself-loving.

Evening:

l CelebrationandReflection:Celebrateyourprogressandachievementsthisweek.Dosomethingspecialforyourself asa reward.l
JournalEntry:Reflectonyourjourneythisweek.Writeaboutthechangesyou'venoticed,thestrengthsyou'vedis covered,andtheself-loveyou'vecultivated.

Conclusion

Thisdailyself-careplanisdesignedtoincreaseyourself-worth,fosterself-love,andempoweryouasawoman.Byenga ging
intheseactivities,youcanstrengthenyouremotionalresilience,establishhealthyboundaries,andcultivateadeepsen seo fself-respectthatwillhelpyouavoidreturningtotoxicrelationships.Remember, self-careisacontinuousjourney, andmaintainingthesepracticeswillhelpyoubuildastronger,moreempoweredversionofyourself. danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle D. Elder, MSW, LMHC. My Reflective Collective.

More free My Reflective Collective tools Printable links below. The worksheet wording itself is unchanged.

Scan the QR code or use the first link to open this worksheet online.

The online reader can support read-aloud tools and browser translation.

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Educational wellness notice This worksheet and website offer educational wellness and self-reflection tools only.

They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

For immediate danger or a medical emergency, call 911. In the U.S., call or text 988 for crisis support.

Michelle D. Elder, MSW, LMHC | My Reflective Collective

Safety, Privacy & Educational Use

My Reflective Collective - Michelle D. Elder, Msw, Lmhc

If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

_____ _____ Privacy and safer searching If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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