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Describe how you feel right now, in three words:

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On a scale of 1-10, how would you rate the past month?

1 2 3 4 5 6 7 8 9 10

The highlight reel:

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The lowlights:

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What tools helped you to overcome the lows?

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What lesson did you learn about yourself?

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Is there anything - habit, boundary, mindset, etc - that you want to tweak for next month?

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DAY

Hydrate	○ ○ ○ ○ ○ ○ ○ ○
Sleep	Z Z Z Z Z Z Z Z
Mood	☺
Today's self-care:	
A moment of bravery:	
Grateful for:	

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DAY

Hydrate	○ ○ ○ ○ ○ ○ ○ ○
Sleep	Z Z Z Z Z Z Z Z
Mood	☺
Today's self-care:	
A moment of bravery:	
Grateful for:	

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**Something to look forward to**

If we look ahead and all we see is bleakness, nothingness and obligation, then we're not going to want to progress with gusto, we might find that we're a bit wobbly-footed, uncertain and full of dread about what lies ahead.

We wouldn't consciously choose for it to be so, but our lives can be a bit like that - we find ourselves going through the motions. The uncertainty is always there because life is life is life. But we can often find that the landscape of our days is of the unfulfilling variety, full of the 'adulting' stuff that doesn't warrant a skip in our steps, let alone the rumbling of butterflies of excitement.

Having something to look forward to can brighten the future just as a flashlight might brighten the dark. It doesn't have to be anything big, even a minuscule thing to look forward to can bring about a buzz of anticipation that can propel us through the grotty and painful times, things sprinkled on the horizon, acting as beacons to light the way. The key, though, is that these 'things' are something that'll bring us pleasure, they're for 'us' and not loaded with the 'oughts' of life. They're something that we'll relish and cherish.

Things I'm looking forward to (don't feel bad if you haven't anything to add here at this point; start making plans and pop back to jot them down later):

- 1..... 7.....
- 2..... 8.....
- 3..... 9.....
- 4..... 10.....
- 5..... 11.....
- 6..... 12.....



## Shaping up to sleep

When we're stuck for where to start with self-care, it's surely here – in setting ourselves up to get as much great-quality sleep as possible.

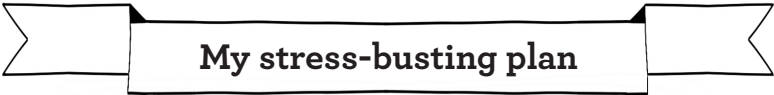
As a bedtime routine provides cues to a baby that it's time to turn in and switch off, we can benefit in the same way. There's something quite comforting about a set of habits and rituals, which help us to unwind and prepare us for some much-needed shuteye.

Whether it's ensuring our devices are being charged elsewhere, making time to capture our thoughts and worries, decluttering our rooms, reading a book, having a calming milky tea, there are lots of different variants of what a bedtime routine might look like.

My bedtime routine:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....





## **My stress-busting plan**

We've all got an inbuilt stress response, which is designed to keep us safe from danger. As we've evolved, our stress response hasn't evolved with the times and we can find ourselves living with stress as part of our daily life; no longer as a fight-or-flight tool when we're faced with an imminent sense of danger.

Stress can really damage our health and so it's important that we acknowledge that we feel it and that we have a plan in place to reduce it. That can be anything from making some of those hairy life-changing decisions, to tweaking our daily routines, or opening our arms to the things which are shown to lower our stress levels or known by us to do so.

My stress-busting plan:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



