

## Self-care diary

Use the diary below to list one thing every day for a week that you can do to make yourself feel good, and help you value yourself more.

Here are some examples:

Day	Activity
Monday	Take a hot bath
Tuesday	Treat myself to a coffee from my favourite cafe
Wednesday	Meet a friend for a catch up
Thursday	Go to the cinema
Friday	Watch my favourite film
Saturday	Go for a walk in the park
Sunday	Have breakfast in bed

<b>Day</b>	<b>Activity</b>