The background of the entire page is a repeating pattern of soft pink hearts of various sizes. Each heart is outlined with a thin, shimmering gold border made of small, irregular dots, giving it a delicate, hand-drawn appearance. The hearts are scattered across the white background, creating a warm and inviting aesthetic.

7 Day Self Care Challenge Workbook



7 DAY CHALLENGE



Indicate daily tasks/habits that you choose to do for the challenge

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7



THE DAILY TO DO



DATE: _____

M T W T F S S

GOAL	HABIT	PROGRESS
	_____ <input type="checkbox"/>	
	_____ <input type="checkbox"/>	
	_____ <input type="checkbox"/>	
	_____ <input type="checkbox"/>	

MORNING	AFTERNOON	EVENING	NOTES

PRIORITIES

TO-DO

- _____
- _____
- _____
- _____

HOW DID IT GO TODAY?

WHAT DID YOU LEARN?

WHAT CAN YOU DO DIFFERENTLY TOMORROW?



7 DAY CHALLENGE

NEXT STEPS - To Do:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

NEXT STEPS

TIP TO STAY MOTIVATED

7 DAY CHALLENGE

CHALLENGE

WHAT IS YOUR WHY?

HABITS TO BUILD

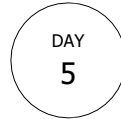
REWARD

1. _____
2. _____
3. _____
4. _____
5. _____

- _____
- _____
- _____

START DATE:

END DATE:



ACTION STEPS

WHAT I NEED

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

TRACKING

MONDAY

TUESDAY

WEDNESDAY

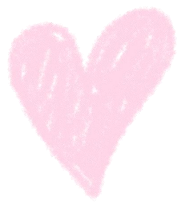
THURSDAY

FRIDAY

SATURDAY

SUNDAY

NEXT STEPS



WEEKLY PLANNING

MONDAY

MORNING	AFTERNOON	EVENING	NOTES

TUESDAY

MORNING	AFTERNOON	EVENING	NOTES

WEDNESDAY

MORNING	AFTERNOON	EVENING	NOTES

THURSDAY

MORNING	AFTERNOON	EVENING	NOTES

FRIDAY

MORNING	AFTERNOON	EVENING	NOTES

SATURDAY

MORNING	AFTERNOON	EVENING	NOTES

SUNDAY

MORNING	AFTERNOON	EVENING	NOTES