

# DAILY ACTIVITY ASSESSMENT



MAKE A LIST OF YOUR  
DAILY ACTIVITIES

DAILY ACTIVITY

NOURISHING | DEPLETING | NEUTRAL



# Self-Care Planner

DATE     /     /

## Mind

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## Body

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## Top Three Coping Strategies

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## Barriers to Self-Care

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## Addressing Barriers

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# DAILY SELF-CARE CHECKLIST

**BASIC**

TASK CHECKLIST

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**PHYSICAL**

TASK CHECKLIST

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**MENTAL & EMOTIONAL**

TASK CHECKLIST

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