Your 30-Day Self-Care Routine

Choose one part of life that needs more care. Try one small action for a month and give yourself a way to return to it when the week changes.

Week 1 Choose a place to start

Think about what keeps getting squeezed out. It might be sleep, a meal, movement, a conversation, time for something you enjoy, or a practical task that keeps weighing on you.

The part of my life I want to give more attention to

After I _____, I'll _____.

On a harder day, the smallest useful version would be

Example

After I get home from work, I'll eat something before opening my laptop. On a late night, I'll heat up something ready to eat and move the writing to another day.

Week 2 Try it on two kinds of days

Notice how the same action fits on an ordinary day and on a more demanding one. If it keeps slipping, change one thing about the plan and see what happens.

What made the routine easier on an ordinary day?

What got in the way on a demanding day? What could I change?

Track What Actually Happens

Mark the box for the version you used. You can leave a day blank and pick up at the next opportunity.

Mark each box with: R Regular version S Short version P Paused

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐
8 ☐	9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐
15 ☐	16 ☐	17 ☐	18 ☐	19 ☐	20 ☐	21 CHECK-IN ☐
22 ☐	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐
29 ☐	30 ☐					

Week 3 Day 21 check-in

By now you have a few weeks of experience to draw on. Use today to look for what is getting easier and decide what still needs to change.

Which version was easiest to come back to, and why?

What kept interrupting my plan?

One change I'll try before the end of the month

Read the research on how habits form

When the Week Changes

Use this page when a shift runs late, someone needs you, or the original plan asks more than you have to give.

Make a plan for the interruption

What changed today?

What needs my attention tonight?

What can move? Name the next time or event when I'll come back to it.

What specific help could I ask for, and who could I ask?

Example

Work ran late. I'll eat and get ready for bed. I'll move the writing session to after lunch on my day off and start with the paragraph I had planned to revise.

Week 4 Decide what comes with you

Think about the days that went differently from what you expected. Which part of the routine still helped? Keep something you can return to next month.

On a typical day, I'll keep

When that plan falls through, I'll

My next check-in date