



Name what drains you and what restores you, protect up to three things, plan one small thing a day, line up support, and review the week.

01 What's draining me right now

List what is taking your energy this week. A task, a person, a worry, a noisy day. Naming it is not complaining. It shows what your self care has to make up for.

The things that drain me:

1.

2.

3.

4.

How drained do I feel overall this week?



Fine

Running on empty

Which of these can I change, shrink or hand over?

02 What restores me

Write what actually puts something back for you, not what you think should. Think of small, cheap or free things. A walk, a call, a hot drink, an early night, a favourite show.

Things that restore me:

1.

2.

3.

4.

5.

6.

Something I keep meaning to do for myself but haven't:

03 My non-negotiables this week

Choose up to three things you will protect, whatever else happens. One or two is fine. A non-negotiable is small and specific, such as 'lunch away from my desk' or 'in bed by eleven on Tuesday and Thursday'.

The thing I'll protect	When it fits	What I'll say if something clashes

04 Monday to Friday

One small thing for you each day, with a time. Pick from your 'what restores me' list. Leave a day blank if it is already full.

Day	One small thing for me	When	Done?
Mon to Fri			

05 Saturday and Sunday

Weekends can fill up fast with chores and other people's plans. Choose one thing that is just for you, and one that is slow.

Day	One small thing for me	When	Done?
Sat, Sun			

06 People I can lean on

Think of who you could ask for a listening ear, a bit of company or a practical hand. Next to each name, write how you'd ask. A short message is enough.

Who	What they're good for Listening, company, practical help	How I'll ask
_____	_____	_____
_____	_____	_____
_____	_____	_____

One thing I'd like to ask for help with this week:

07 When it all slips

Some weeks fall apart. That is not a failure of the plan.
Decide now what the smallest version looks like, so you have
somewhere to land.

Signs the week is slipping for me:

My smallest version. On a bad day I'll still:

- ☐ Eat something
- ☐ Drink some water
- ☐ Step outside for a minute
- ☐ Send one text to someone
- ☐ Go to bed at a reasonable time

Who I'll tell, and the day I'll pick the plan back up:

08 End-of-week review

Do this at the end of the week with curiosity, not judgement. The aim is to carry forward what worked, not to mark yourself.

How looked after do I feel at the end of this week?

1 2 3 4 5 6 7 8 9 10

Running on empty

Well looked after

What worked

Carry into next week?

Keep, shrink or swap

What didn't fit, and what I'll drop:

One thing I'll do differently next week:

When you're done, a moment to reflect

- What drained you most this week, and could any of it be smaller next week?
- Which small thing restored you more than you expected?
- When a non-negotiable clashed with something else, what did you choose, and how did that feel?
- Who did you reach out to, and what happened when you did?
- What would you keep if you could only keep one thing from this plan?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/self-care-planner



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.