

Weekly Self-Care Planner

A one-page planning worksheet for choosing small, realistic actions that support rest, connection, routine and wellbeing during the week.

Choose small actions

- Pick actions that are realistic, not perfect.
- Start with one or two small steps if the week already feels full.
- Self-care can include rest, boundaries, movement, food, connection, quiet time or asking for support.

This week I want to support

Rest One small step:	Food and hydration One small step:
Movement One small step:	Connection One small step:
Quiet time One small step:	Boundaries One small step:

Plan gently

Try attaching one action to something you already do, such as after breakfast, after work or before bed.

The easiest self-care step for this week is:

If I get stuck, I can ask for support from:

Important: These worksheets are for general education and self-reflection only. They do not replace advice from a qualified health professional. If you are in immediate danger call 000. For crisis support in Australia, contact Lifeline on 13 11 14.