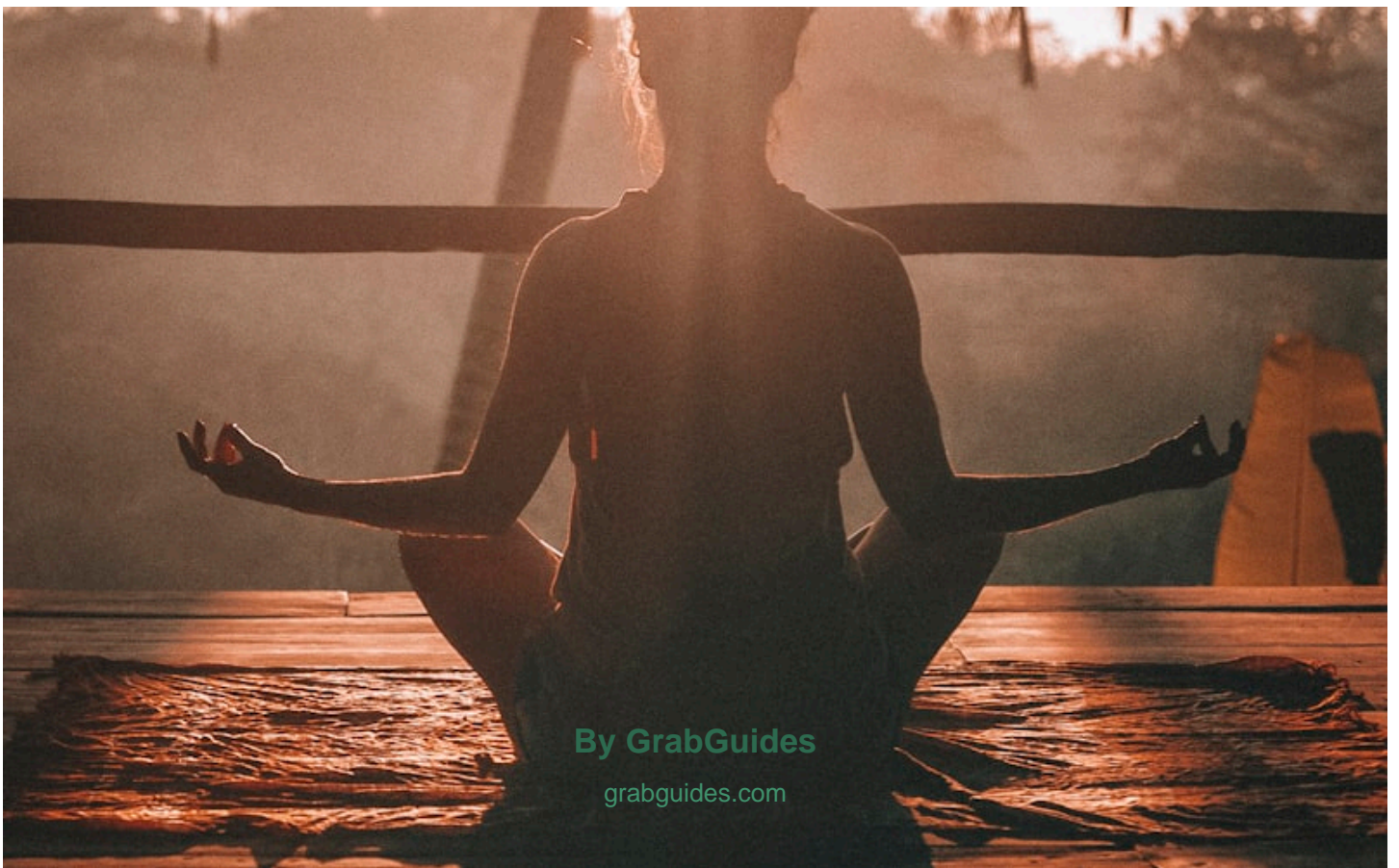


4 Pillars | AM + PM Routines | 7-Day Plan

# Self-Care Planner Template

*Build a Routine That Actually Sticks*

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By **GrabGuides**

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## The 4 Pillars of Self-Care

### Physical

- Sleep 7-9 hours
- Move your body 20+ min
- Eat real food 80% of the time
- Drink water through the day

### Emotional

- Journal 5-10 minutes
- Say no without guilt
- Feel feelings instead of numbing them
- Therapy or trusted friend

### Social

- One meaningful conversation per day
- Limit draining people
- Ask for help when needed
- Schedule connection, don't wait

### Mental

- Screen breaks every 90 min
- Learn something new weekly
- Mindfulness or prayer practice
- Protect focus time

## 5-Minute Morning Routine

1. 2 min: Sit up in bed and take 10 deep breaths
2. 1 min: Name 3 things you're grateful for
3. 1 min: Name your top priority for today
4. 1 min: Drink a full glass of water

## 10-Minute Evening Wind-Down

1. Screen cutoff 1 hour before bed
2. 3 min: Tidy your main living space
3. 5 min: Journal - what went well today?
4. 2 min: Set tomorrow's top priority

5. Stretch or read until sleepy

## 7-Day Starter Plan

Day	Morning	Evening
Mon	5-min routine	Wind-down + journal
Tue	5-min routine	Wind-down + read
Wed	5-min routine + walk	Wind-down + journal
Thu	5-min routine	Wind-down + stretch
Fri	5-min routine	Social time
Sat	Longer morning (30 min)	Hobby/creative time
Sun	Reflect + plan the week	Early sleep

**[RULE] Start small. Stay consistent.**

Two habits for two weeks beats ten habits for two days. Pick one morning and one evening practice. Build from there after it feels automatic.

## Ready for the complete system?

*This free guide is a starting point.*

*The paid guide gives you the complete step-by-step system.*

### **Anxiety Relief Workbook - \$18**

[grabguides.com/products/anxiety-workbook](https://grabguides.com/products/anxiety-workbook)

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