



Creating a
S.M.A.R.T
Self Care routine



SIMPLE

MEANINGFUL

ADAPTABLE

REALISTIC

TIMELY

SIMPLE

When beginning a new self care routine, it's important to create habits that are easy to implement. Start small and build your routine over time

MEANINGFUL

Find habits that bring you joy. Think about activities that you do that time passes seamlessly

ADAPTABLE

What works for you now may change over time. Be prepared to be flexible with what your routine looks like

REALISTIC

Just as we start small, we also want to set a realistic routine that can be added to our schedule.

TIMELY

Self care doesn't have to take hours. It's all about being intentional with the time you have.

