

Weekly Self-Care Planner for Healthcare Workers

**Weekly Self-Care Planner
For Healthcare Workers**



Expressions of Sharon

Weekly Self-Care Planner for Healthcare Workers

Introduction to Self-Care

Welcome to your Weekly Self-Care Planner! This planner is designed specifically for healthcare workers to help you prioritize self-care amidst your busy schedule. Taking time for yourself is essential for maintaining your well-being and providing the best care to your patients.

Weekly Self-Care Planner for Healthcare Workers

Weekly Overview

Day	Focus Area	Goal	Self-Care Activity
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Self-Care Planner for Healthcare Workers

Monday Planner

Time	Activity	Notes
6:00 AM		
7:00 AM		
8:00 AM		
12:00 PM		
3:00 PM		
6:00 PM		
7:00 PM		
9:00 PM		
10:00 PM		

Weekly Self-Care Planner for Healthcare Workers

Tuesday Planner

Time	Activity	Notes
6:00 AM		
7:00 AM		
8:00 AM		
12:00 PM		
3:00 PM		
6:00 PM		
7:00 PM		
9:00 PM		
10:00 PM		

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Wednesday Planner

Time	Activity	Notes
6:00 AM		
7:00 AM		
8:00 AM		
12:00 PM		
3:00 PM		
6:00 PM		
7:00 PM		
9:00 PM		
10:00 PM		

Weekly Self-Care Planner for Healthcare Workers

Thursday Planner

Time	Activity	Notes
6:00 AM		
7:00 AM		
8:00 AM		
12:00 PM		
3:00 PM		
6:00 PM		
7:00 PM		
9:00 PM		
10:00 PM		

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Friday Planner

Time	Activity	Notes
6:00 AM		
7:00 AM		
8:00 AM		
12:00 PM		
3:00 PM		
6:00 PM		
7:00 PM		
9:00 PM		
10:00 PM		

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Saturday Planner

Time	Activity	Notes
6:00 AM		
7:00 AM		
8:00 AM		
12:00 PM		
3:00 PM		
6:00 PM		
7:00 PM		
9:00 PM		
10:00 PM		

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Sunday Planner

Time	Activity	Notes
6:00 AM		
7:00 AM		
8:00 AM		
12:00 PM		
3:00 PM		
6:00 PM		
7:00 PM		
9:00 PM		
10:00 PM		

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Weekly Reflection and Gratitude

Take a few moments to reflect on your week. What went well? What could have been better? Write down three things you are grateful for.

- What went well this week: _____

- What could have been better: _____

- Three things I am grateful for:

1. _____

2. _____

3. _____

