

My Sunday Schedule

To Do List

<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>

Self-Care

<i>Physical</i>	<i>Emotional</i>	<i>Social</i>	<i>Mental</i>	<i>Spiritual</i>

When do you want this list to be completed and get some rest?

Reflection Questions

What is one thing you are thankful for today?

What is one thing you hope to accomplish tomorrow?

“It’s okay to not be okay. It’s okay to take care of you!”

My Sunday Schedule (Example)

Sunday May 20th, 2021

To Do List

<i>Morning</i> 1 load of laundry Make coffee Make breakfast Feed cat Read bible	<i>Afternoon</i> Make lunch Fold laundry Take a nap Call a friend Take a walk	<i>Evening</i> Make dinner Pack lunch for Monday Put away laundry Feed Cat Take hot shower Set out uniform
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Self-Care

<i>Physical</i> Eat 3 well balanced meals	<i>Emotional</i> Take a hot shower	<i>Social</i> Call a friend	<i>Mental</i> Take a walk	<i>Spiritual</i> Read bible
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When do you want this list to be completed and get some rest?

Sunday night at 9pm.

Reflection Questions

What is one thing you are thankful for today?

Sunshine and warm weather.

What is one thing you hope to accomplish tomorrow?

3 tasks at work.

“It’s okay to not be okay. It’s okay to take care of you!”