

**GO HARD CHICK**

*self-care*

**PLANNER**

*Remember to take care of yourself*

**GO  
HARD  
CHICK**

# WHY SELF-CARE?

## Dear Go Hard Chick,

Self-care is not synonymous with self-indulgence or being selfish. Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish.

Self-care is an important part of our wellness journey. In recognizing this, I have created this Self-Care Planner to help you plan your daily and monthly self-care regimen.

Please read through this planner and use any and all sections that best serve you in your self-care journey.

Feel free to reach out to me if you have questions!



*In health, Kristal*

# DAILY SELF-CARE

DATE -

## Daily self-care

Today's quote -

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Today I am grateful for

Today self-care looks like

Water goals



Meal goals

breakfast -

lunch -

dinner -

## Daily self-care checklist

- ☐ Get fresh air
- ☐ Move my body
- ☐ Drink water
- ☐ Positive self talk
- ☐ Stick to meal plan

*notes*

# WEEKLY SELF-CARE

**Week:** \_\_\_\_\_

**Quote:** \_\_\_\_\_

<b>MON</b>	How I practiced self-care mentally:	How I practiced self-care physically:
<b>TUES</b>	How I practiced self-care mentally:	How I practiced self-care physically:
<b>WED</b>	How I practiced self-care mentally:	How I practiced self-care physically:
<b>THURS</b>	How I practiced self-care mentally:	How I practiced self-care physically:
<b>FRI</b>	How I practiced self-care mentally:	How I practiced self-care physically:
<b>SAT</b>	How I practiced self-care mentally:	How I practiced self-care physically:
<b>SUN</b>	How I practiced self-care mentally:	How I practiced self-care physically:

# MONTHLY SELF-CARE

JAN FEB MARCH APRIL MAY JUNE JULY AUGUST SEPT OCT NOV DEC

## Monthly summary

Affirmation for the month -

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**Mental focus**

**Health & wellness focus**

**Top priorities**

**Worry less about**

### Self-care ideas

☐ Take a bath once a week

☐ Sit in the sun with a good book

☐ Meditate more often

### Improvement

☐ Work on 8 hours sleep

☐ 8 glasses of water a day

☐ Balanced meals

# SELF-CARE FOCUS AREAS

## 8 CATEGORIES OF SELF-CARE

**Physical**

**Psychological**

**Emotional**

**Social**

**Professional**

**Environmental**

**Spiritual**

**Financial**

# SELF-CARE ROUTINES

## MORNING ROUTINE

	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## EVENING ROUTINE

	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# SELF-CARE ACTIONS LIST

MONTH -

\_\_\_\_\_

WEEK -

\_\_\_\_\_

“

”

## MONDAY

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## TUESDAY

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## WEDNESDAY

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## THURSDAY

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## FRIDAY

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## SATURDAY

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## SUNDAY

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## IMPORTANT NOTES

_____
_____
_____
_____
_____



# 30-DAY SELF-CARE CHALLENGE

## Self-improvement & self-love

<input type="checkbox"/> Take a long bath	<input type="checkbox"/> Do some exercise	<input type="checkbox"/> Phone an old friend	<input type="checkbox"/> Go for a walk in the park	<input type="checkbox"/> Watch your favorite series
<input type="checkbox"/> Do some yoga	<input type="checkbox"/> Take time to journal	<input type="checkbox"/> Make a healthy meal	<input type="checkbox"/> Bake your favorite recipe	<input type="checkbox"/> Do a face mask at home
<input type="checkbox"/> Go for coffee with a friend	<input type="checkbox"/> Drink a healthy smoothie	<input type="checkbox"/> Get your nails done	<input type="checkbox"/> Go for a massage	<input type="checkbox"/> Get your hair done
<input type="checkbox"/> Take a shower	<input type="checkbox"/> Go to a sauna	<input type="checkbox"/> Take a nap and get some rest	<input type="checkbox"/> Sit in the sun and get some Vit. D	<input type="checkbox"/> Create a morning routine
<input type="checkbox"/> Create an evening routine	<input type="checkbox"/> Buy new skincare products	<input type="checkbox"/> Watch an old movie you love	<input type="checkbox"/> Think about 3 things you're grateful for	<input type="checkbox"/> Go out for the day
<input type="checkbox"/> Take a walk on the beach	<input type="checkbox"/> Cut out sugar for a week	<input type="checkbox"/> Stay hydrated	<input type="checkbox"/> Try something new	<input type="checkbox"/> Be kind to a stranger

# SELF-CARE FOCUS

Date - \_\_\_\_\_

Main self-care focus - \_\_\_\_\_

Start date - \_\_\_\_\_

End date - \_\_\_\_\_

## Breakdown of main focus

## Smaller tasks to accomplish self-care focus goal

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
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_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Notes

# STRESS-FREE CHALLENGE

*Start Here*

Go through the challenge for the next 10 days to create a life that is a little more stress-free!

**1**

Take time to  
exercise and  
move your body  
today

**2**

Take a long walk  
outside in an  
environment that  
you love

**3**

Put together a  
supplement  
routine to support  
your body

**4**

Learn how to do  
some breathing  
exercises for any  
stress or tension

**5**

Keep a journal  
and take time to  
write your  
thoughts

**6**

Try essential oils  
and discover if  
they will benefit  
you or not

**7**

Take time to be  
creative. Create  
some kind of  
artwork today

**8**

Do yoga or  
meditate and see  
if it helps with  
your stress

**9**

Take time to hug  
someone you love  
or have a good  
laugh with a  
friend

**10**

Take time to drink  
more water or  
herbal tea today

*The End!*

Well done on completing the stress-free challenge!

# A LETTER TO ME

Dear future me...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## HOW TO WRITE A LETTER TO YOURSELF

Choose an age where you will be different from who you are now and write a letter to you in the future. Pick a date to open the letter. Chat about who you are now, your future goals, and your current beliefs and values.

## QUESTIONS TO ANSWER

- 1 - What goals do you have
- 2 - How do you currently feel about your life
- 3 - What are you looking forward to
- 4 - What are your biggest dreams

# 5 MINUTES OF GRATITUDE

3 People I'm grateful for

What I love about my body

Something I have recently achieved and am proud of

Something that made me laugh today

2 things I'm looking forward to

What did I bring to the day

# SELF-REFLECTION QUESTIONS

**Share 4 things that you love about yourself?**

**What makes you feel strong and confident?**

**What's the best compliment you have received & why?**

**What does it feel like to be accepted and love unconditionally?**

# 30-DAY CHALLENGE

*Let's do this*

## 30-DAY CHALLENGE TO A HEALTHY LIFESTYLE

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Join the gym            | <input type="checkbox"/> Try out yoga           | <input type="checkbox"/> Read more             |
| <input type="checkbox"/> Run 5k                  | <input type="checkbox"/> Meditate in nature     | <input type="checkbox"/> Take a phone break    |
| <input type="checkbox"/> Go for a long walk      | <input type="checkbox"/> Cut out alcohol        | <input type="checkbox"/> Walk barefoot outside |
| <input type="checkbox"/> Drink water only        | <input type="checkbox"/> Drink more tea         | <input type="checkbox"/> Journal more          |
| <input type="checkbox"/> Make a healthy smoothie | <input type="checkbox"/> Consume less caffeine  | <input type="checkbox"/> Have a cold shower    |
| <input type="checkbox"/> Go vegan for a week     | <input type="checkbox"/> Don't deprive yourself | <input type="checkbox"/> Make your bed         |
| <input type="checkbox"/> Eat clean for a month   | <input type="checkbox"/> Practice gratitude     | <input type="checkbox"/> Take probiotics       |
| <input type="checkbox"/> Cut out sugar           | <input type="checkbox"/> Try something new      | <input type="checkbox"/> Try kombucha          |
| <input type="checkbox"/> Get enough sleep        | <input type="checkbox"/> Don't eat past 7pm     | <input type="checkbox"/> Use a facemask        |
| <input type="checkbox"/> Listen to your body     | <input type="checkbox"/> Get sunlight daily     | <input type="checkbox"/> Use clean products    |

# SELF-CARE ACTIVITIES

## MENTAL

Take a day off from everything

Self-reflect with journal prompts

Take a social media break

Go for a walk to clear your head

Call an old friend and just talk

Read a book you enjoy

Attend a social event you enjoy

## PHYSICAL

Start a new outdoor hobby

Join the gym and exercise

Drink enough water

Get enough sleep at night

Eat a balanced diet daily

Stretch if you work at a desk

Take a day off to pamper yourself

## EMOTIONAL

Spend time with someone you love

Watch a funny series or movie

Write down what you're grateful for

Write some text over here

Talk positively to yourself

Connect to your inner child

Figure out what triggers you



# SELF-CARE QUIZ

## INSTRUCTIONS

The self-care quiz looks at what your current self-care habits look like. Answer yes, no, or sometimes. 2 points for yes, 1 point for sometimes and 0 points for no.

- |  | Yes                      | Sometimes                | No                       |
|--|--------------------------|--------------------------|--------------------------|
| 1 I'm up to date with regular health check-ups (dentist, GP, optician)                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 I stick to a healthy and balanced diet most of the time and do not overeat/undereat        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 I move my body regularly. Exercising more than 3 times a week and getting regular steps in | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 I keep my environment clean, tidy, and organized most of the time                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 I love where I live and my current environment is a place that I enjoy to be present in    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 I set healthy boundaries with people and don't feel guilty about it                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 I feel loved and respected by the people in my life and have good friends                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 I regularly take time out to do something for myself that I enjoy                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Write down your score and what you think you could work on to practice better self-care. Did you learn anything that surprised you?

”

**YOU CAN'T  
POUR FROM AN  
EMPTY CUP.  
LOOK AFTER  
YOURSELF  
FIRST**

“



*love yourself*

GO  
HARD  
CHICK

MAKE SURE YOU  
ALWAYS LOOK AFTER  
YOURSELF

# LET'S GET SOCIAL

## Listen to the Go Hard Chick Podcast!

Perfect for busy professionals, hard-working moms, and anyone who would like their fitness questions answered by a like-minded individual, Go Hard Chick is a health and fitness podcast for women. Equal parts inspiration and information, the podcast covers topics from weight management to diet to motherhood. Host Kristal Holmes brings a level of intensity to everything she does, from her fitness regime to her work as an attorney, earning her the nickname 'the Go Hard Chick'. On the podcast, the self-proclaimed fitness junkie motivates other women to live healthier, fuller lives through wellness and exercise.

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