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Self-Care Planning  
Template: Reclaim Your  
Energy, Daily



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# Self-Care Planning Template: Reclaim Your Energy, Daily

## ZinUre Self-Care Plan

One page to check in, recharge, and  
remind yourself: you matter.

### Daily Check-In

How am I feeling today? (Emotionally / physically)

- ☐ Calm      ☐ Tired      ☐ Anxious  
☐ Grateful    ☐ Overwhelmed

### Top 3 Self-Care Goals for Today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### My Support Plan

Who can I lean on today?

- ☐ Partner  
☐ Friend  
☐ Doula  
☐ Therapist  
☐ Support group

### My Nourishment

Today I will eat/drink:

\_\_\_\_\_

I will move/rest by:

\_\_\_\_\_

Today's Affirmation:

"I am worthy of care.  
I am healing. I am enough." x10



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