

WORKBOOK TUTORIAL

- If you print out your workbook, get creative! Use colorful pens. There's tons of open spaces for doodles, drawings, notes, paint, stickers – this is an opportunity to be creative!!!
- Each month there's a 30 day habit tracker to encourage you to keep track of the MOST important thing you're working on this month. For example – water intake.

Habit: Drink 8 cups of water									✓
✓	✓		✓	✓			✓	✓	✓
✓	✓	✓	✓	✓	✓	✓			

-There's also a tracker that covers two pages at a time. I'm always trying to keep track of so many things, sometimes my blood pressure, vitamins, jogging – I do so much better when I'm holding myself accountable. You can do check marks, numbers, 'x's, doodles, colors – whatever works for you!

Water	7	8	8	6	5	6	6	5
Jogging	x	x	x		x			
Vitamins		x	x	x	x		x	x
Sleep	10	8.5	5	5	6.5	7	8	5
Meditation		x	x				x	x
Journaling	x			x		x	x	

DECEMBER 2018

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

7:● 15:● 22:○ 29:●

Top Priorities

To-Do List

Habit:									

Word-of-the-Month

Self-Care Focus

- | | |
|--|--|
| ☐ Me Time | ☐ Wellness |
| ☐ Spirituality | ☐ Physical Health |
| ☐ Finances | ☐ Social Needs |
| ☐ Mental Health | ☐ Creativity |
| ☐ Boundaries | ☐ Family |
| ☐ Rest | ☐ Stress Relief |
| ☐ Other: | |

Self-Care Plans

I want to work on...

I need to heal...

I want to let go of...

I want to feel...

Notes

DECEMBER

Tuesday 4th

Watch a winter-y
ASMR video

[illegible]

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Slow down and manage your stress.

Wednesday 5th

[illegible]Thursday 6th

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Friday 7th

Light candles &
relax

Saturday 8th

[illegible]

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Sunday 9th

Monday 10th

Tuesday 11th

Wednesday 12th

Stay warm and relaxed

[illegible]

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Stay warm and relaxed

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[illegible]

DECEMBER

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Thursday 13th

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Friday 14th

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Saturday 15th



Sunday 16th

Make a cozy nest in bed

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Monday 17th

Tuesday 18th

Wednesday 19th

Thursday 20th

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Get more sleep

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[illegible]

Boundaries are so important. Be sure to enforce them.

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Friday 21st

Saturday 22nd



Sunday 23rd

Monday 24th

Check in with
your stress levels

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Tuesday 25th

Wednesday 26th

Thursday 27th

Friday 28th

[illegible]

Take a wintery nature walk.

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[illegible]

DECEMBER

December Thoughts

Saturday 29th

Sunday 30th

Monday 31st



If you enjoyed this December preview, you can purchase the [2019 Self-Love Workbook on my website](#) or in my [Etsy shop](#). You can also get bonus add-ons for Mental Health, Relationships, Parenting, and much more.

For more free stuff and daily check-ins, join our Facebook group of thousands of women, [the SoulSisterhood!](#)

