

*The*  
**SELF CARE**  
CLUB

The "rules" are simple. Everyday fill the positive and negative boxes with at least one thought upon your reflection of the day. It can be as simple as "today I noticed everyone in the store had a face mask and it made me feel good" or "I saw an adorable puppy". Anything that made you smile can go inside the box. On the negative side, it doesn't have to be anything big either, it can be that you had to wait a long time in line at a shop, that someone left a shitty comment on your insta or literally anything that brought down your mood.

*14 DAY PATTERN*  
*CHALLENGE*

After the 14 days are up, reflect on your answers and try to find commonalities. This will help you notice patterns in your mood and environment and help you adjust your self care efforts moving forward :)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
+	+	+	+	+	+	+
-	-	-	-	-	-	-
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
+	+	+	+	+	+	+
-	-	-	-	-	-	-