

# Elimination Challenge:

## My Weekly Self Care Routine

katyursta.com

♥ WEEK OF

♥ MINDFUL MORNING ROUTINE

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

♥ DAILY SELF CARE  
SMALL WINS

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### Self Care Weekly Goals

Mind

Body

Spirit

IT ALL BEGINS WITH YOU. IF YOU DO NOT TAKE CARE OF YOURSELF, YOU WILL NOT BE  
STRONG ENOUGH TO CARE FOR OTHERS.  
GIVE YOURSELF SOME GRACE.