

# Self-Mastery Manifestation

Self-Care Guide

Week Of:

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Weekly Commitment	Physical	Emotional	Mental	Spiritual
	Cardio Strength Endurance Nutrition Water Adequate Sleep	Family Friends Creativity Self-Compassion	Mindfulness Journaling Reading Learning	Meditation Prayer Grounding Social Responsibility
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				