

# Self-Nurturing Care Guide

Week of \_\_\_\_\_



DEANNA TURNER CONSULTING  
BUSINESS, CAREER & LIFE COACH

| Weekly Commitment | Physical                        | Emotional                   | Mental                        | Spiritual                                     |
|-------------------|---------------------------------|-----------------------------|-------------------------------|---|
|                   | Cardio<br>Strength<br>Endurance | Spa<br>Journaling<br>Nature | Learning<br>Silence<br>Nature | Meditation<br>Prayer<br>Social Responsibility |
| Sunday            |                                 |                             |                               |   |
| Monday            |                                 |                             |                               |   |
| Tuesday           |                                 |                             |                               |   |
| Wednesday         |                                 |                             |                               |   |
| Thursday          |                                 |                             |                               |   |
| Friday            |                                 |                             |                               |   |
| Saturday          |                                 |                             |                               |   |