

# Self-Care Guide

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



DEANNA TURNER CONSULTING  
BUSINESS, CAREER & LIFE COACH

Weekly Commitment	Physical	Emotional	Mental	Spiritual
	Cardio Strength Endurance	Journaling Nature Quality Time	Learning Silence Development	Meditation Prayer Social Responsibility
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				