



Taking Care of Your Mind: A Self Care Record based on Dan Siegel's Healthy Mind Platter

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Sleep Time							
Physical Time							
Focus Time <small>Work & Goals</small>							
Connecting Time <small>connect with people and nature</small>							
Playtime							
Downtime <small>unscheduled mind wandering time</small>							
Time In <small>Focusing on what you notice inside yourself</small>							