

# SELF-CARE PLANNER

for Nannies





# Welcome!

This PDF is meant for you to create your own personalized self love planner/journal. Please feel free to print ONLY the pages that resonate with you. I encourage you to mix and match the order, have fun with it and let me know what you end up creating!

I would also love to know how we can make this better. Please feel free to let us know things we can change or add, send all thoughts/preferred adjustments to [info@nurturingnannies.us](mailto:info@nurturingnannies.us) so we can review!

*"Self-care is giving the world the best of you, instead of what's left of you." — Katie Reed*

*Rachel Tepley*

**Founder | Nurturing Nannies**

[www.nurturingnannies.us](http://www.nurturingnannies.us)

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# Self Love Checklist

A GREAT WAY TO STAY COMMITTED TO YOUR SELF-LOVE JOURNEY IS BY USING A DAILY CHECKLIST. THIS CAN SERVE AS A REMINDER TO PRIORITIZE SELF-CARE AND NURTURE YOUR WELL-BEING EVERY DAY. FEEL FREE TO USE THIS LIST AS A GUIDE AND ADD OR TAKE THINGS OFF OF IT TO ALIGN WITH YOUR NEEDS

- ☐ List Five Things That Fill Me With Gratitude
- ☐ List Five Things That I Like About Myself
- ☐ Eat a Healthy Breakfast
- ☐ Eat a Healthy Lunch
- ☐ Eat a Healthy Dinner
- ☐ Exercise/Move Your Body for 20 Minutes
- ☐ Find 5 Things to Be Thankful For
- ☐ Do a Good Deed
- ☐ Do Something You Enjoy For At Least 10 Minutes
- ☐ Journal for 10 Minutes
- ☐ Complete One Thing Off Your To-Do List
- ☐ Listen To a Book or a Podcast for 10 Minutes
- ☐ Tell Yourself Outloud 3 Things You Like About Yourself

USE THIS CHECKLIST EACH DAY UNTIL YOU GET INTO THE HABIT OF DOING THESE THINGS DAILY WITHOUT THE NEED OF USING THE CHECKLIST, YOU'LL BE SURPRISED BY HOW FAST IT COMES TO YOU NATURALLY!

# Daily Mindfulness Check In

**How I'm Feeling Today:**

**Top Priority Of The Day:**

**Things I'm Grateful For Today:**

# Daily Reflection

How Was My Mood Overall Today?

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What Made Today Good?

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Things That Were Hard Or Stressful Today:

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What Can I Do Differently To Make Tomorrow Better?

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# Daily Self-Care Check In

How are you feeling mentally/emotionally today?

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Notes/Reminders:

### Self Care Reminder Checklist:

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# Daily Gratitude Journal

Today I'm Grateful For:

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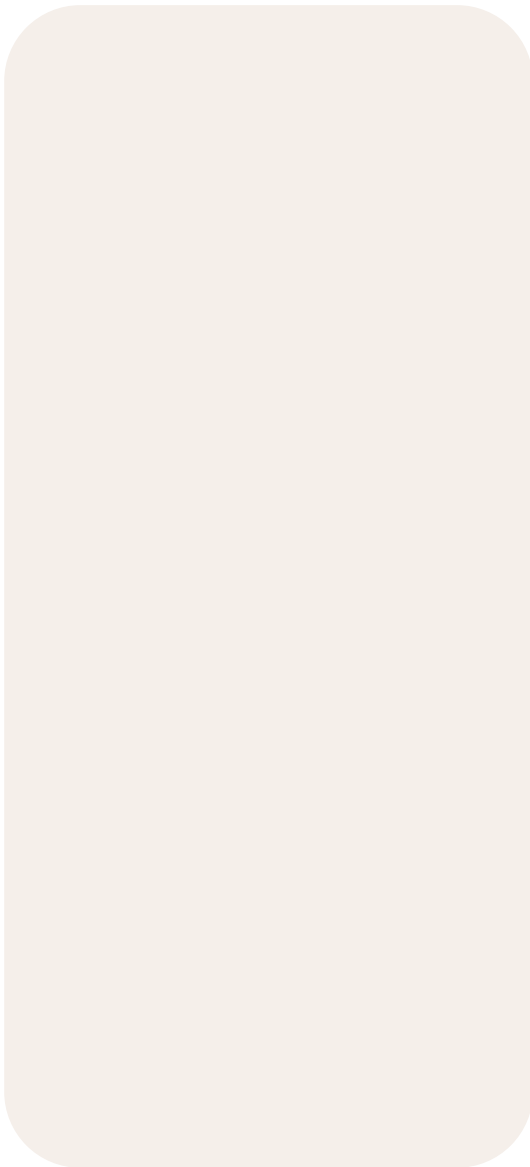
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Notes/Reminders:



Today's Affirmations:

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Things I'm Proud Of:

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Good Deeds I Did Today:

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# Problem Solving Reflection

What Was A Challenging Moment You Faced Today And How Did You Handle It?

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How Did You Model Patience or Emotional Regulation?

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What Might You Try Differently Next Time?

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# Weekly Reflection

What Worked Well This Week:

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What Didn't Work Well This Week?

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What Will You Do To Make Next Week Better?

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What Moment Are You Most Proud of This Week?

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# Weekly Mindfulness Check In

**I Am Currently:**

**Celebrating:**

**Loving:**

**Reading:**

**Listening To:**

**Feeling:**

**Dreaming Of:**

**Thinking:**

**Remember This!**

**Things I'm Grateful For:**

# Thought Record

**DATE:**

**Situation:**

*What Were You Doing? Where Were You? Who Were You With?*

**The Feeling:**

Focus on identifying the strongest and most upsetting Feeling

**How Intense Was The Emotion?**

(On A Scale Of 1 - 10)

**The Thought:**

Focus on the most upsetting thought.

**How Much Did You Believe This?**

(On a scale of 1 - 10)

**Evidence That Supports This Thought**

**Evidence That Contradicts This Thought**

**Alternative Thought:**

What is another way to think about this situation?

**What Emotion Do You Feel Now?**

Rate the intensity on a scale of 1 - 10

**What Can You Do Now:**

# 30 Day Reflection

***"Progress is progress, no matter how small. Celebrate the seeds you've planted."***

What Small Wins Have I Noticed In Myself This Month?

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How Have My Thoughts About Myself Shifted?

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What Challenges Did I Face And How Did I Respond?

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When Did I Feel The Most Confident And Proud Of My Work Or Personal Growth?

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Did I Take Time For Self-Care Regularly? What Worked Best For Me?

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# 30 Day Reflection Cont.

What Have I Learned About My Limits/Boundaries And How To Honor Them?

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How Did I Show Kindness To Myself This Month?

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What Feedback (From Families, Children, Or Myself) Uplifted Me?

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## Looking Ahead:

What Is One Thing I Want To Continue Doing In The Next 30 Days?

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What Is One Area I Want To Grow Or Explore Further?

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How Will I Reward Or Celebrate My Continued Progress?

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# 90 Day Reflection

***"Nurturing Yourself Over Time Transforms Small Steps Into Big Changes."***

What Challenges Have I Noticed In Myself Over The Past Three Months?

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What Limiting Beliefs Have I Begun To Release? Which Ones Still Linger?

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What New Habits Or Routines Have Supported My Well-Being?

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How Has My View Of My Role As A Nanny And As A Person Evolved?

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When Did I Feel Most In Alignment With The Person I Want To Become?

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# 90 Day Reflection Cont.

How Have My Relationships (With Children, Families, & Myself) Improved?

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What Was The Most Surprising Thing I Learned About Myself?

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What Boundaries Did I Set That Made A Positive Difference?

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How Have I Prioritized My Health, Happiness, And Self-Esteem?

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# 90 Day Reflection Cont.

## Planning For The Future:

What Goals Do I Want To Set For The Next Three Months?

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How Can I Continue Nurturing My Personal Growth And Career Development?

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What Support Or Resources Do I Need To Reach My Next Goals?

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What Positive Habits Do I Want To Strengthen Moving Forward?

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How Will I Celebrate My Continued Journey Of Growth And Care?

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# My Happy List

Write Down Activities You Can Do That Make You Happy.

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# Habit Tracker

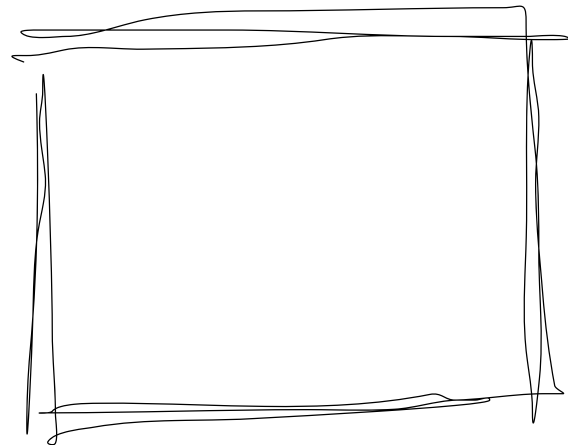
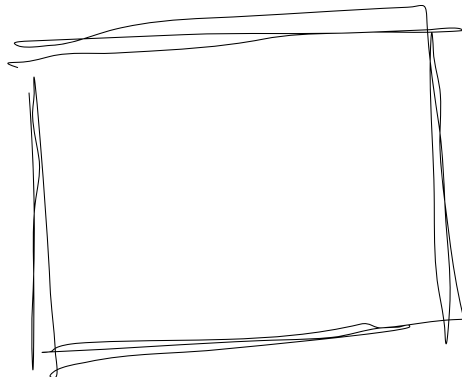
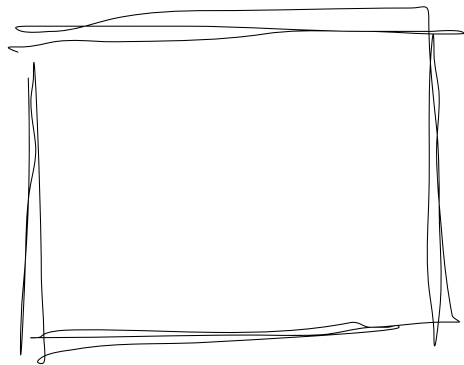
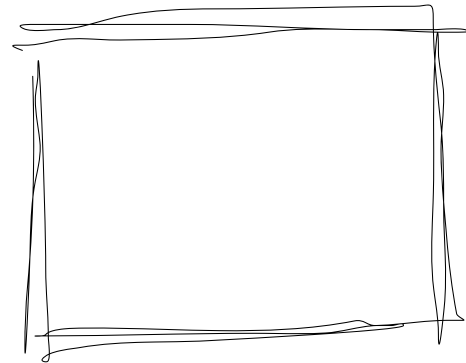
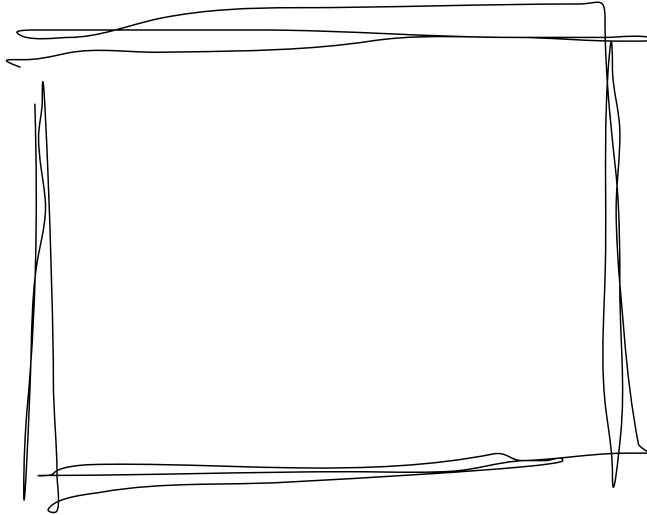
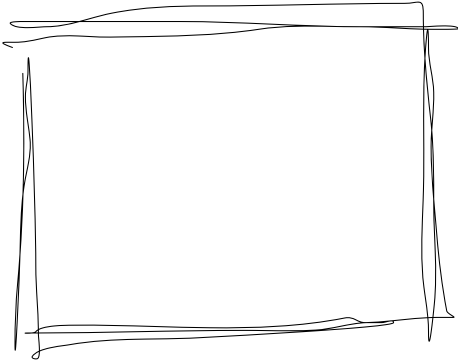
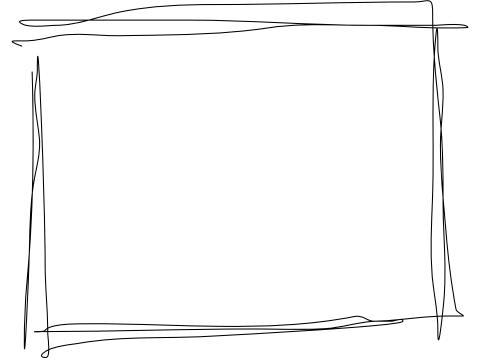
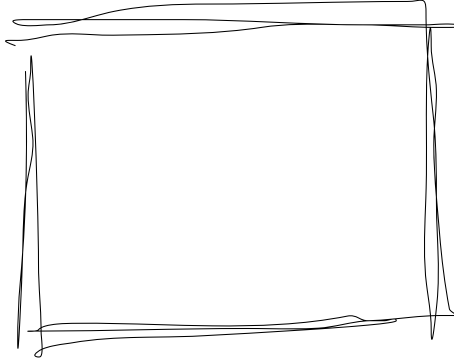
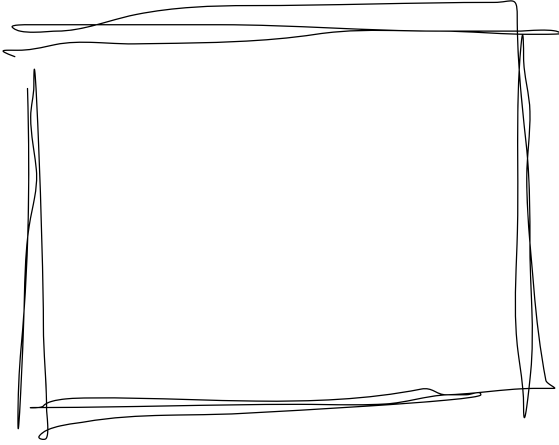
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# My Undo List

Write Down Things You Want To Stop Doing



# Nurturing Your Growth: A Gentle Self-Reflection Journey

## **Purpose:**

Enhancing how you see yourself will naturally enhance your work, your personal life, and how you show up for the families you care for. You deserve to feel proud of who you are, both as a caregiver and as a person. Let's explore your beliefs, aspirations, and the small shifts that can help you thrive.

## **1. What beliefs about myself have been shaped by past experiences?**

(Consider both personal life and work as a nanny.)

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## **2. Are these beliefs still serving me? Where did they come from? Could they be based on misunderstandings or old patterns that no longer fit?**

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## **3. In what ways might my current environment or routine be limiting my view of my own potential? How can I start to see new possibilities for growth?**

(Think: your schedule, your network, your routines—what's helping or holding you back?)

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# Nurturing Your Growth: A Gentle Self-Reflection Journey

**4. What small, positive changes can I make in my health, finances, or relationships to support a stronger, more confident version of myself?**

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**5. Who inspires me in my personal and professional life? What qualities do I admire in them?**

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**6. How would I describe my self-esteem today? What feels like my biggest hurdle to feeling more confident, and what steps can I take to overcome it?**

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# What Can I Do Today To Begin Living More Like The Person I Want To Be?

Write whatever pops into your mind when thinking about this question. Feel free to use it as a journal prompt or a brain dump.

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## Notes

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.