



Summer Self-Care Bundle

CarrieElle.com



Summer Self-Care Bingo

GO FOR A 20-MIN WALK	DRINK A GALLON OF WATER	READ A BOOK OR MAGAZINE OUTSIDE	JOURNAL FOR 10 MINUTES	GO SCREEN-FREE FOR ONE EVENING
TRY A NEW HEALTHY SUMMER RECIPE	JOURNAL FOR 10 MINUTES	LISTEN TO YOUR FAVORITE PLAYLIST OR PODCAST	WATCH THE SUNSET OR SUNRISE	TAKE A GUILT-FREE NAP
MAKE A SUMMER BUCKET LIST	GO ON A PICNIC	<i>Free Space</i>	SAY NO TO SOMETHING THAT DRAINS YOU	DO A QUICK YOGA OR STRETCH SESSION
BUY YOURSELF FRESH FLOWERS	DECLUTTER ONE DRAWER OR SPACE	TRY A DIY FACE MASK OR SPA NIGHT	GO BAREFOOT IN THE GRASS OR SAND	SEND A KIND TEXT OR CARD TO SOMEONE
TRY A NEW SUMMER RECIPE	TRY A NEW COLD DRINK	SAY NO TO SOMETHING	MAKE A SUMMER VISION BOARD	SET ONE MINI GOAL AND TAKE ACTION

Summer Self-Care Calendar

Bake a little time into each day to do something for you. Write it down below to make it "calendar official."

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Summer Goals Worksheet

goal:

due date:

ACTION ITEMS:

**RESOURCES &
INSPIRATION:**

PROGRESS NOTES:

✓ This goal was accomplished on:

Monthly Mood Tracker

month:

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This season's most popular mood was: ○

THOUGHTS:

- HAPPY
- SAD
- ANXIOUS
- RELAXED
- ANGRY
- PRODUCTIVE
- NEUTRAL
- TIRED
- -----
- -----

NOTES:

30-Day Wellness Challenge

month:

- Take a walk outside
- Stretch for 10 minutes
- Spend 30 mins phone-free
- 1-hour digital detox
- Wake up 15 minutes earlier
- Eat a colorful meal
- Try a guided meditation
- Do something creative
- Get 7 hours of sleep
- Sit outside for 15 minutes
- Do a random act of kindness
- Declutter a small space
- Try a new YouTube workout
- Journal for 10 minutes
- Make a smoothie with something green in it
- Go for a walk without music
- Say "no" to something
- Take the day off from social media
- Start a new book
- Add something relaxing to your routine
- Listen to a feel-good playlist
- Create a new positive affirmation
- Spend time with someone you love
- Make a summer vision board
- Dance to your favorite song
- Eat dinner without any screens
- Try a new herbal tea
- Text someone you're missing
- Plant something
- Write down 3 things you're grateful for

Habit Tracker

month:

A circular habit tracker grid. The outermost ring contains numbers 1 through 31, representing the days of the month. The grid is composed of several concentric rings, creating a grid of cells for tracking habits. The center of the grid is a solid white circle.

31 Days of Gratitude

month:

1

2

3

4

5

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"This is a wonderful day I have never seen this one before." - Maya Angelou



Summer Cleaning Checklist

Self

Home

Digital

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Need help? Check out the [Carrie Elle 30-Day Declutter Challenge!](#)



Summer Journaling Prompts

What does “wellness” mean to me right now?

How do I want to feel this summer?

What are 3 things I want to let go of this season?

What does my ideal summer day look like?

What brings me peace when life feels chaotic?

What’s something I’ve done recently that I’m proud of?

What’s one small thing I can do today to care for myself?

How do I recharge when I feel drained?

What’s a boundary I need to set for my well-being?

What’s one fear I’d like to release this summer?

How can I invite more joy into my daily routine?

What am I currently avoiding and why?

What habits make me feel most like myself?

What are 5 things I’m grateful for today?

Who in my life brings out the best in me?

How do I speak to myself when I make a mistake?

What’s one area of my life I want to grow in?

What does rest look like for me (and do I allow myself enough of it)?

What’s something I want to try or experience this summer?

When do I feel most confident and alive?

What’s something I need to hear today?

What’s a past version of me I’ve outgrown—and what did I learn from her?



Summer Journaling Prompts

How do I show love to myself?

What does a balanced life look like to me?

What am I clinging to that no longer serves me?

What's a summer memory I want to create this year?

What's one way I can slow down and savor the moment today?

What's one thing I want to stop apologizing for?

What's my favorite way to express myself creatively?

What am I learning about myself this season?



Summer Journaling

Lined writing area consisting of 25 horizontal dashed lines for journaling.

