



# ***The Empowered Woman's Weekly Self-Care Check-In***

A Gentle Guide for Women 50+ to  
Pause, Reflect, and Reconnect

## ***Section 1:***

How Am I Feeling Today?

*Body:* \_\_\_\_\_

*Mind:* \_\_\_\_\_

*Heart:* \_\_\_\_\_

## ***Section 2:***

*What Am I Grateful For Today?*

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## ***Section 3:***

What's One Thing

I Can Do to Nourish Myself

This Week?

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(Prompt ideas: Move my body, say no without guilt, make a nourishing meal, take a mindful walk...)

## **Section 4:**

Gentle Reminder for My Soul

*"I release the weight of the past  
and open my heart to the  
possibilities of today."*

*My Affirmation:*

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