

SELF-CARE

SUMMER

SERIES

JOURNAL

A Pilates Program designed to help you prioritize you-time & continue your practice all summer long.



SELF-CARE SUMMER GOALS

Set attainable goals for yourself here! This can be anything from personal growth to your Pilates practice.

What's your why?

ex: what gets you out of bed in the morning?

Must do

Should do

Could do

If time was unlimited

Self-Care Journal Prompts

"Pilates is complete coordination of body, mind and spirit,"
Joseph Pilates

What have you done lately
that's just for you?

What does your healthiest
self look like?

What is something you want to add to
your life to make you feel your best?

What is something you want to let
go of?

SELF-CARE INTENTIONS

Set your intentions here for your summer! What are you looking to accomplish this summer in all of these areas?

ex: I intend to move my body everyday. I intend to meditate every day. I intend to read 1 chapter of a motivating book once a week.

PHYSICAL

EMOTIONAL

SPIRITUAL

INTELLECTUAL

SOCIAL

ENVIRONMENTAL

SELF-CARE NOTES

AFFIRMATIONS

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts.

ex: I have everything I could ever need. I am a strong, confident person. I choose to be happy.

1

2

3

4

GRATITUDE

What are you most grateful for?

I will express
gratitude for
others by...

I will express
gratitude for my
body & mind by...

List of things to appreciate daily



PILATES PRACTICE CHECKLIST

"Change happens through movement, and movement heals,"
Joseph Pilates

Fill this in with your Pilates goals for the summer! Maybe you want to hit Teaser without using your arms to get up or you want to finally be able to Roll Like A Ball to standing with no support. Create achievable goals for yourself to accomplish this summer.

NOTES

This is your space to free-write! What are you looking forward to this summer? What are your Pilates goals? What do you like about the classes in the Series? How are you carving out time for self-care this summer?

JUNE PLANNER

Planning ahead is one of the best ways to prioritize time for the things you love. Pencil in your workouts, self-care time, travel, anything you'd like!

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

Goals

Notes

JULY PLANNER

Planning ahead is one of the best ways to prioritize time for the things you love. Pencil in your workouts, self-care time, travel, anything you'd like!

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

Goals

Notes

AUGUST PLANNER

Planning ahead is one of the best ways to prioritize time for the things you love. Pencil in your workouts, self-care time, travel, anything you'd like!

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

Goals

Notes