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#### Planner

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WEEKLY PLANNER

DAILY PLANNER

#### SECTIONS

<u>PLANNERS</u>

MENTAL HEALTH

WORKSHEETS

TRACKERS

SELF-CARE

NOTES & JOURNAL

COLOURING PAGES

 GRATITUDE JOURNAL SELF-LOVE JOURNAL • WEEKLY LIKE TO DO'S DAILY TO DO'S IDENTIFYING MY TRIGGERS • MENTAL HEALTH GOALS MANIFESTATION JOURNAL • EMOTIONAL STRENGTHS & WEAKNESSES JOURNAL SELF-ESTEEM JOURNAL ANXIETY RELIEF JOURNAL SLEEP TRACKER WATER TRACKER MOOD TRACKER MEDICATION TRACKER VITAMINS TRACKER WAYS TO COPE WORKSHEET

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- REFRAMING NEG THOUGHTS
  - <u>NOTES</u>
  - <u>COLOURING</u>

My Planner

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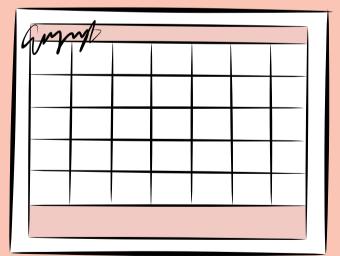
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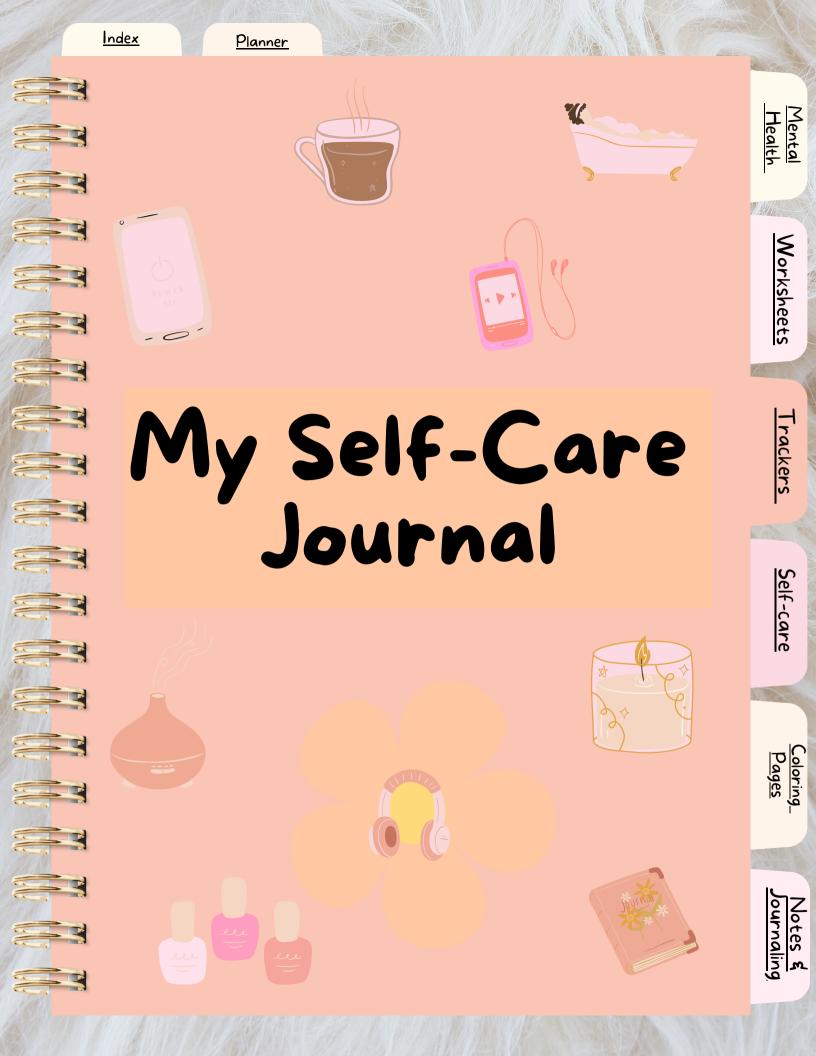
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8	Date		
	Daily Plan		<u>Mental</u> Health
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8	07:00 AM		Worksheets
	08:00 AM		<u>eets</u>
	09:00 AM		
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	02:00 PM		Self-care
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	09:00 PM		Notes & lournaling
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				Today's Mood	<u>Self</u>
		Things I'm Grateful for			Self-care
			Tł	nings I Look Forward to:	<mark>یم</mark> م
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Date:

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My Mental Health	Date:
Goals	

GOAL	
START DATE	END DATE
WHY THIS GOAL MATTERS	
CHALLENGES I MIGHT FACE	
GOAL	
GOAL START DATE	END DATE
	END DATE
	END DATE
START DATE	END DATE

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Trackers

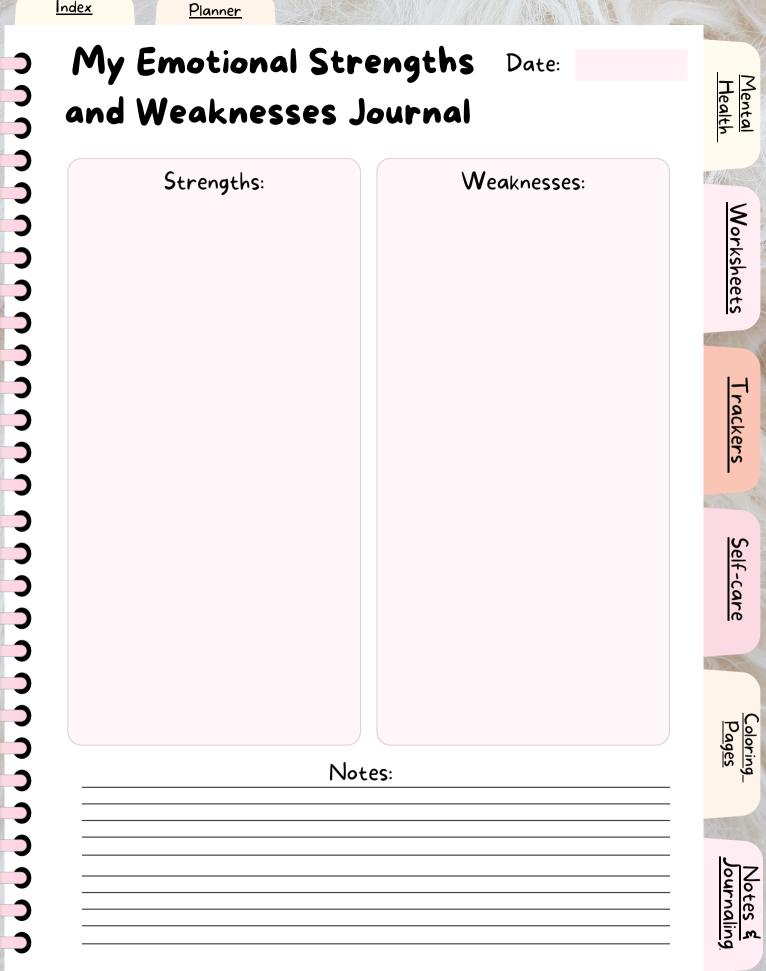
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My Ma	nifestation	Date:	<u>Mental</u> Health
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Intentions			Worksheets
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Goal	Action Steps	Reward	<u>Self-care</u>
			<u>Pages</u>
			Journaling



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My Self-esteem Journal

My Self-esteem currently:

Acts I can take to improve my selfesteem :

Date:

New habits to build my self-esteem :

Why I want to help myself with my self esteem:

Notes:



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# My Anxiety Relief Date: Journal

Anxiety trigger's:

How I can self soothe:

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	Jou	irnal		<u>Mental</u> Health
	Anxiety triggers	Why this triggered me	How i can self soothe	<u>R</u>
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My Trackers



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My Water Tracker

DAY	MORNING	AFTERNOON	EVENING
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THURS	0000	0000	0000
FRI	0000	$\Diamond \Diamond \Diamond \Diamond \Diamond$	0000
SAT	0000	0000	0000
SUN	0000	0000	$\Diamond \Diamond \Diamond \Diamond \Diamond$

DAY	MORNING	AFTERNOON	EVENING
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WED	0000	0000	0000
THURS	0000	0000	0000
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My Mood Tracker Mood Sun Mon Tue Wed Thu Fri Sat  $\overline{}$  $\overline{}$  $\sim$  $\overline{}$  $\bigcirc$  $\bigcirc$  $\bigcirc$  $\overline{}$  $\bigcirc$  $\bigcirc$  $\overline{}$ 

Month:

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Month:

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## My Medication Tracker

Week of Medication	M T W T F S S	Week of Medication M T W T F S S	Worksheets
			Trackers
Week of		Week of	2
Medication	M T W T F S S	Medication  M T W T F S S	<u>Self-care</u>
Week of Medication	 M T W T F S S _	Notes	<u>Pages</u>
			Journalin

		Week:	H
My \	<b>/itami</b>	ns Tracker	Health
	MTWTFSS	Week of vitamins - supplements MTWTFSS	Worksheets
			eets
Week of	_ • • • • • • •	• • • • • • • • • • • • • • • • •	I rackers
vitamins - supplements	M T W T F S S	vitamins - supplements  M T W T F S S	<u>Self-Care</u>
Week of vitamins - supplements	-  M T W T F S S	Notes	Pages
			Journaling

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Ways to Co		Healt
Workshee	t	<mark>15 1</mark> 5
Deep Breathing: Practice deep, slow breaths to calm your nervous system. Inhale for a count of four, hold for four, and exhale for four.	Did this help?	Worksheets
Mindfulness Meditation: Engage in mindfulness exercises to stay in the present moment and reduce stress. Examples include body scans or focusing on your breath.		<u>S1</u>
Progressive Muscle Relaxation: Tense and relax different muscle groups in your body to release physical tension.		Irackers
Positive Affirmations: Write down positive affirmations or self-statements that counter negative thoughts or beliefs.		
Journaling: Keep a journal to express your thoughts and feelings, identify triggers, and find patterns in your emotions.		Self-care
Social Support: List friends, family members, or support groups you can reach out to when you need to talk or seek assistance.		
Exercise: Document your favorite physical activities that help you relieve stress and boost your mood.		Pages
Hobbies: Write down hobbies or activities you enjoy that provide a sense of fulfillment and distraction.		
Time Management: Create a schedule or to-do list to help you stay organized and reduce feelings of overwhelm.		Journalin

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#### Planner

Ways to Co Worksheet	•	<u>Mental</u> Health
VVORK3NEE	Did this help?	
Self-Care: List self-care activities you can engage in regularly, such as taking a bath, reading, or practicing a hobby.		Worksheets
Problem Solving: Outline problems you're facing and brainstorm potential solutions.		<b>3</b> 1
Relaxation Techniques: Document relaxation exercises like progressive muscle relaxation, guided imagery, or listening to calming music.		Tracker
Grounding Techniques: Include grounding exercises like the 5-4- 3-2-1 technique, where you name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.		
Emergency Contacts: List emergency contacts for situations when you need immediate help or support.		<u>Self-care</u>
Goal Setting: Set realistic short-term and long-term goals for yourself, both personal and professional.		
Gratitude Journaling: Write down things you're grateful for to shift your focus to the positive aspects of your life.		<u>Coloring</u> <u>Pages</u>
Visualization: Use visualization techniques to imagine yourself overcoming challenges or achieving your goals.		
Time-Out Plan: Plan what you can do when you need a break or time to yourself to recharge.		Journaling

#### Planner

## Reframing Negative Thoughts into Positive Thoughts Journal

Negative thoughts:

Positive thoughts:

Date:

New positive habits to help my mental health:

Positive affrimations:

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000	Reframing Negative Tho Into Positive Though Journal		<u>Mental</u> <u>Health</u>
0000	Negative thoughts	Positive thoughts	<u>Worksheets</u>
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0000			Journaling

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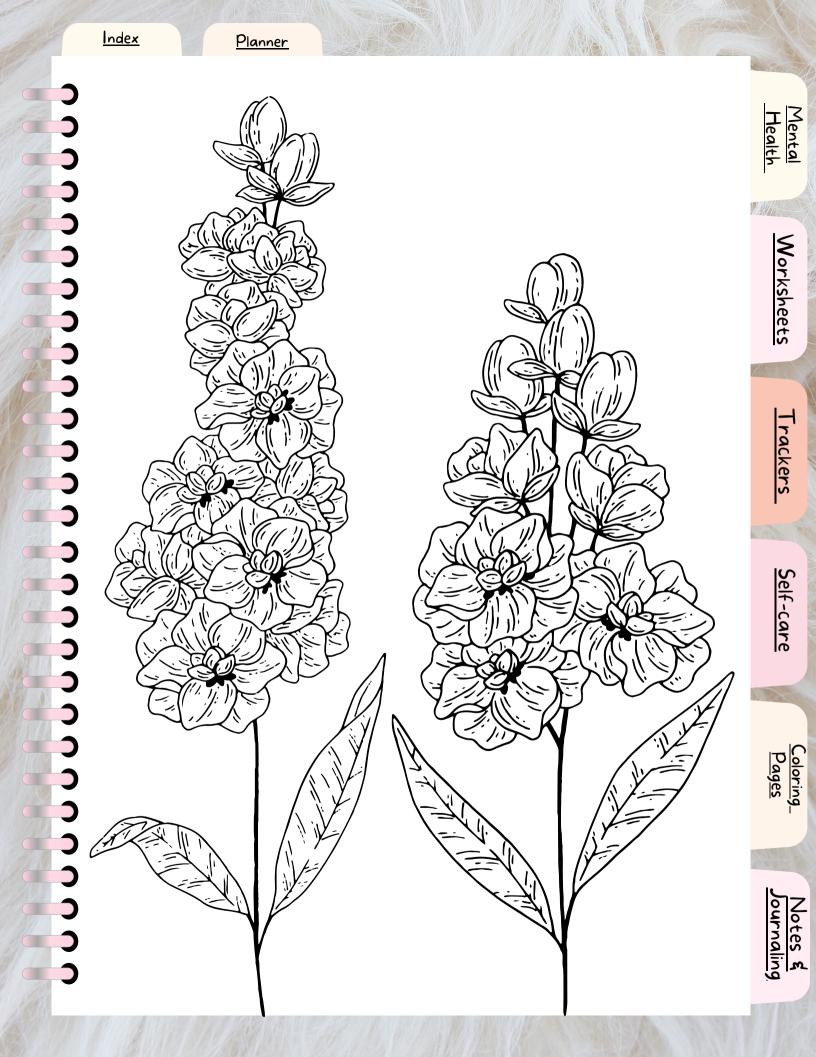
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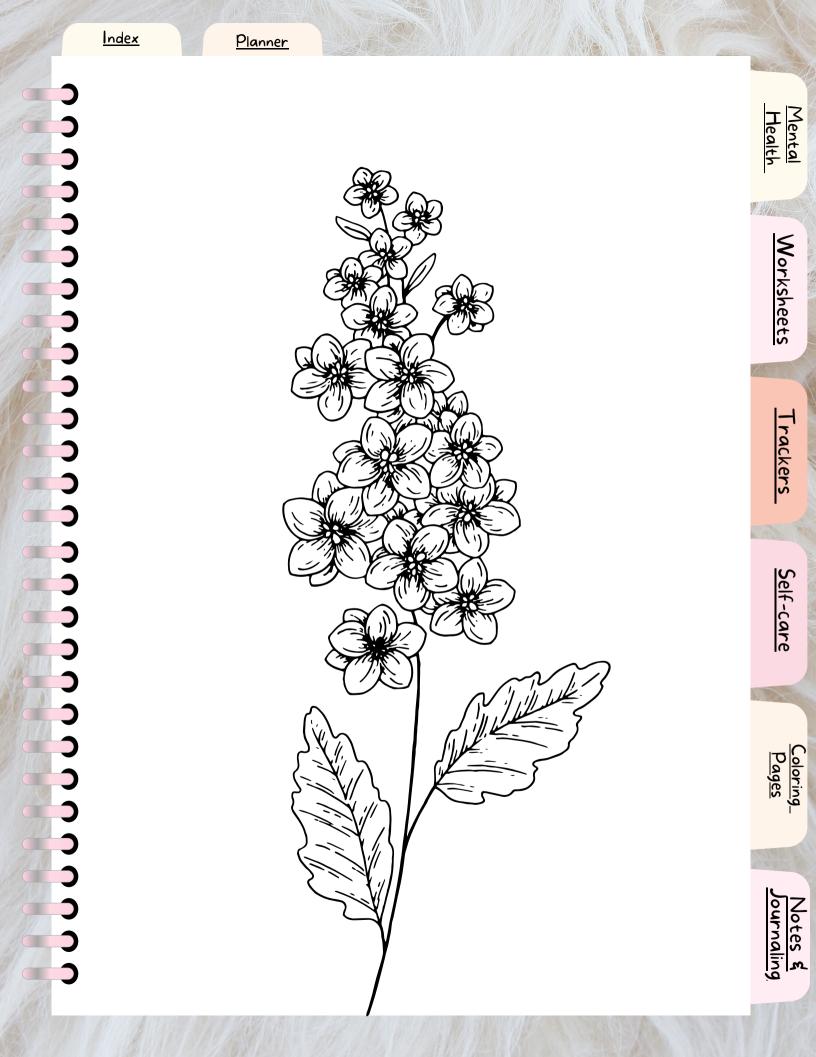
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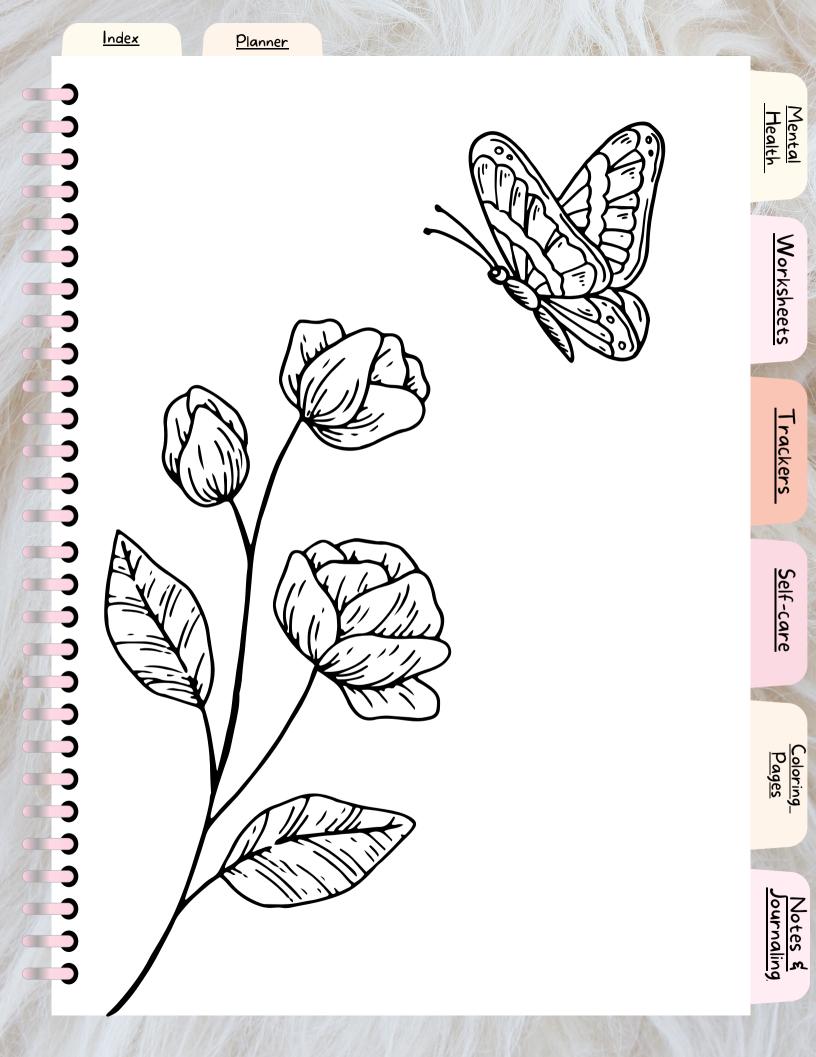
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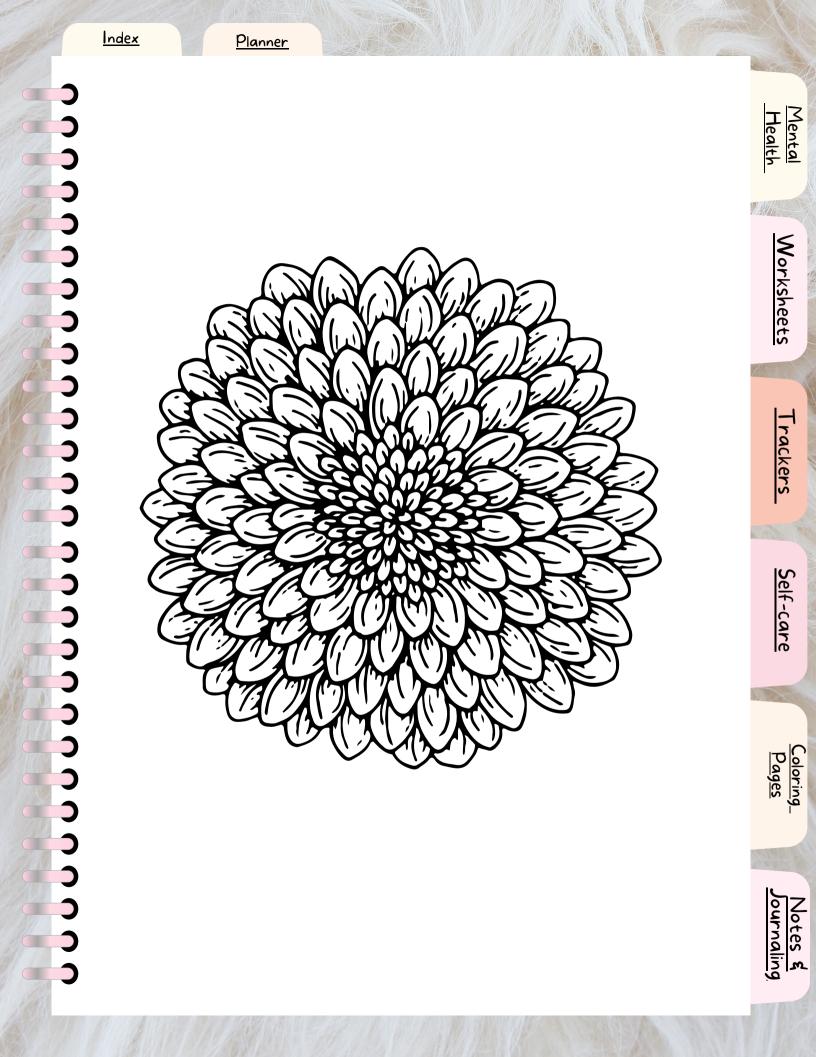


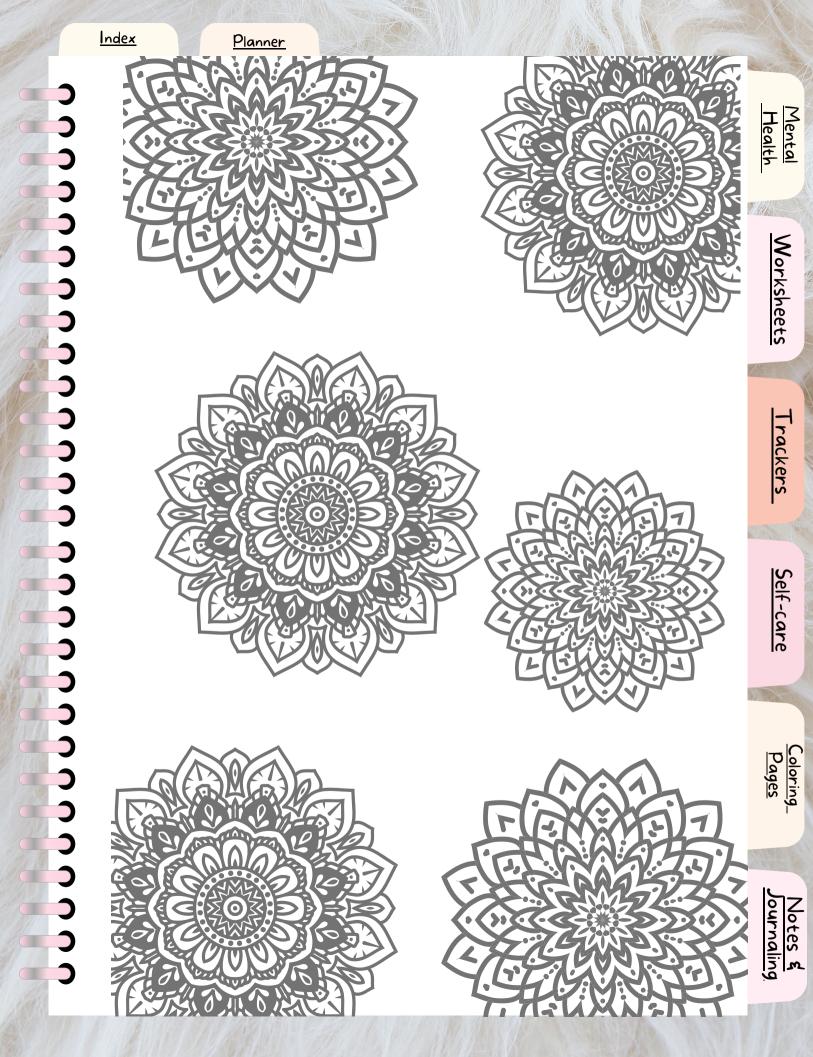




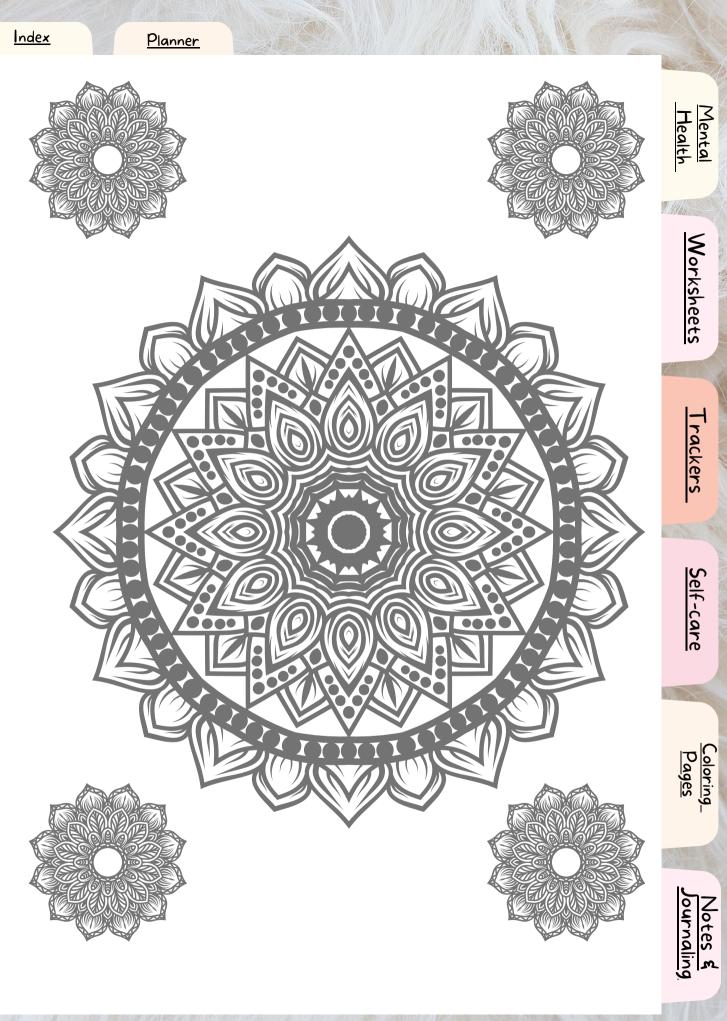




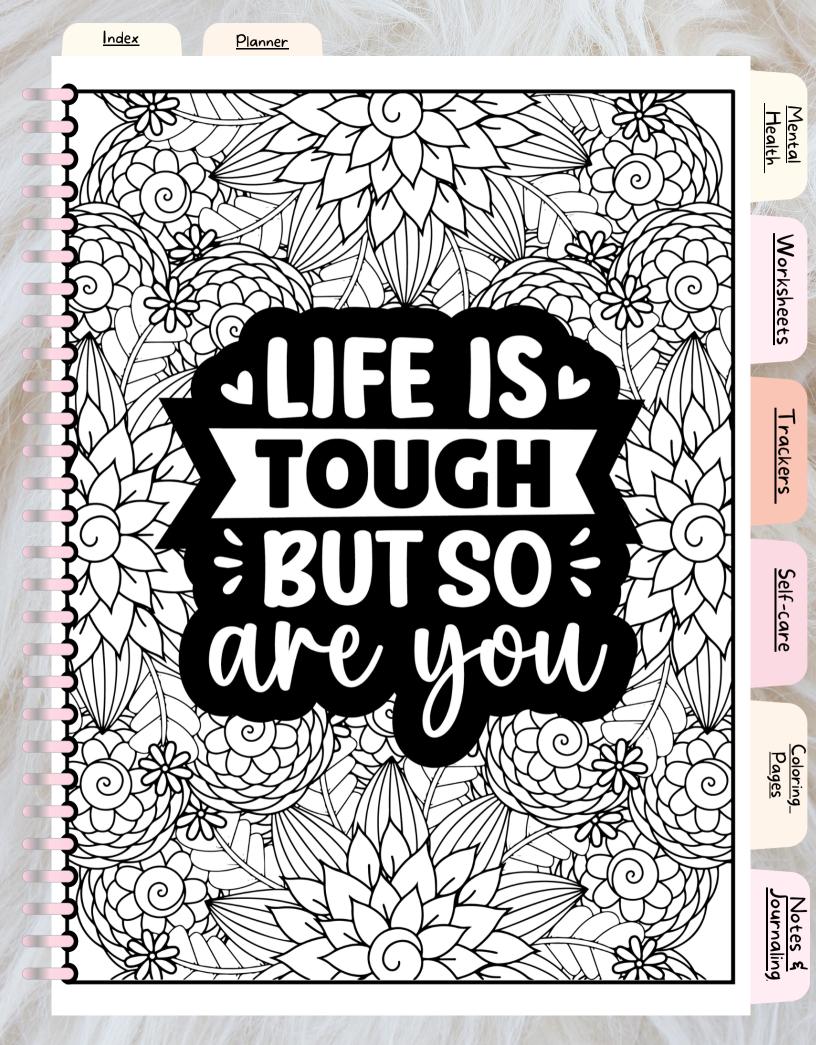












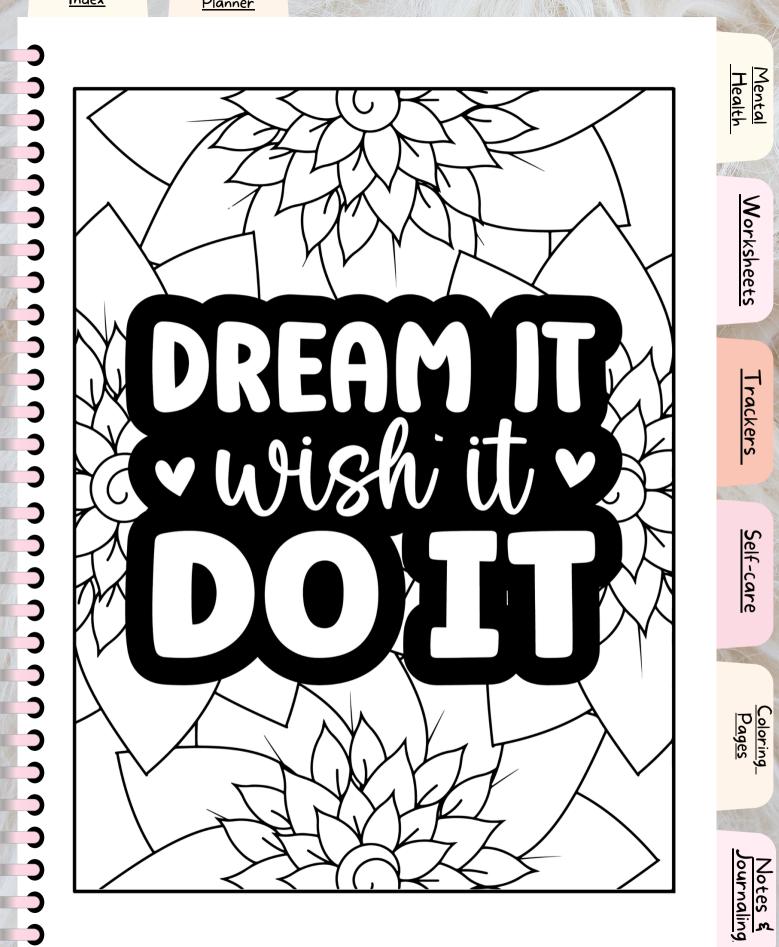


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