



	×	ex	nd	I
--	---	----	----	---

Planner

	270

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

<u>Mental</u> Health

Worksheets

Trackers

Self-care

<u>Coloring</u> <u>Pages</u>

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

My Planner

Planner

K

<u>Mental</u> Health

THANA-

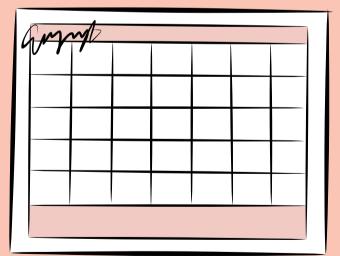
Worksheets

Trackers

Self-care

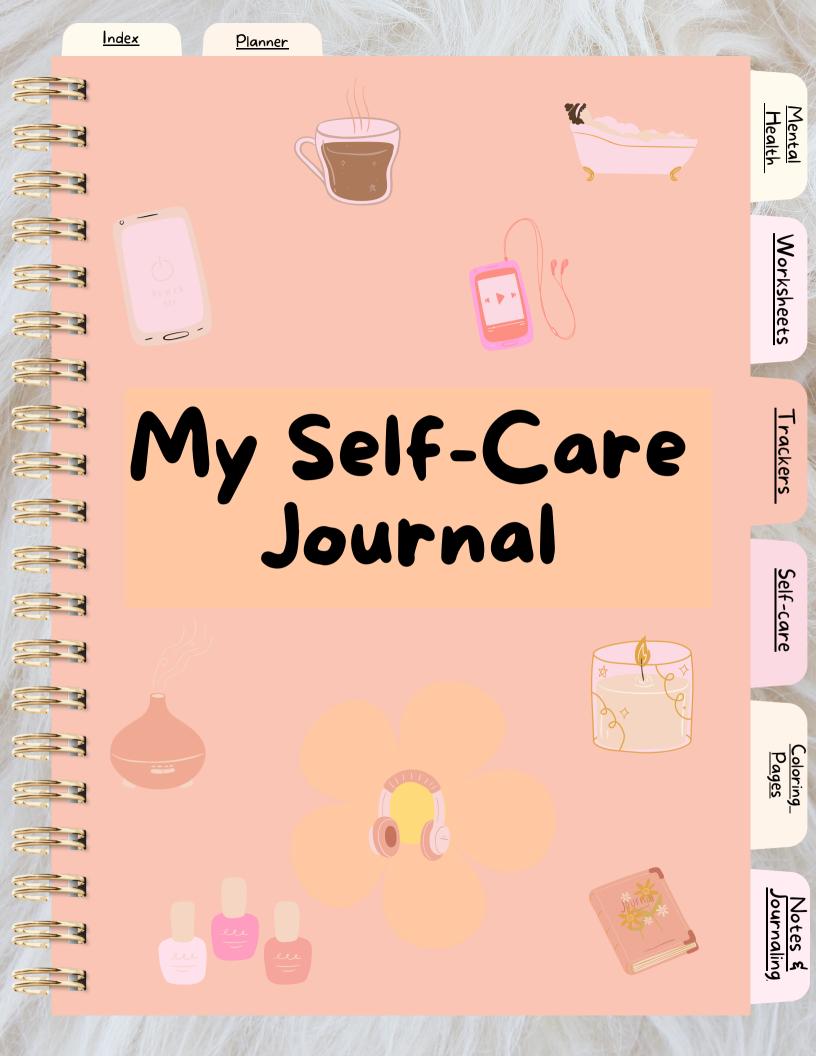
<u>Coloring</u> <u>Pages</u>

Notes & Journaling



Index	<u>Planner</u>				
Month: We	ekly		ner		<u>Mental</u> Health
MON	MORN	VING	EVENIN	G	<u>Worksheets</u>
T U E WE D					Trackers
THU					<u>Self-care</u>
FRI					<u>Coloring</u> <u>Pages</u>
SUN					Notes & Journaling

	Index Planner		
8	Date		
	Daily Plan		<u>Mental</u> Health
2	06:00 AM	GRATITUDE	I\S
8	07:00 AM		Worksheets
	08:00 AM		<u>eets</u>
	09:00 AM		
	10:00 AM		Trac
	II:00 AM		Trackers
	12:00 PM		na A
	01:00 PM		<u>Sel</u>
	02:00 PM		Self-care
	03:00 PM		ló
	04:00 PM	NOTES	
	05:00 PM		<u>Coloring</u> <u>Pages</u>
	06:00 PM		<u>ring</u> J <u>es</u>
	07:00 PM		
	08:00 PM		2 Z
	09:00 PM		Notes & lournaling
	10:00 PM		10 1.2



E P	Index	Planner			
			atitude	Date:	
5			atitude		<u>Mental</u> Health
		Jou	rnal	Today's Achievements:	Ith
	Today'	s Affirmation:		\bigcirc	Wor
				\bigcirc	Worksheets
				\bigcirc	
		Notes		\bigcirc	Tra
		1,0000		\bigcirc	Trackers
				Today's Mood	<u>Self</u>
		Things I'm Grateful for			Self-care
			Tł	nings I Look Forward to:	<mark>یم</mark> م
					<u>Coloring</u> <u>Pages</u>
					Jour
					Votes & ournaling
16th					any mich





V	Veekly	like		ate: 'S	<u>Mental</u> Health
	MORNING	AFTERNOON	EVENING	NOTES	
MON					Wor
TUSE					Worksheets
WED					
THURS					Trac
FRI					[rackers
SAT					
SUN					<u>Self-care</u>
000		0	0		are
0		0			
000000000000000000000000000000000000000					<u>Coloring</u> <u>Pages</u>
0					
0					p Z
0 0		0			Notes & Journaling
0		0	0		9

Date:

Cont -	Index	<u>Planner</u>		
000		Daily	Date: To Do'S	<u>Mental</u> Health
		Must Do's	To Do's	<u>Worksheets</u>
				Trackers
				<u>Self-care</u>
00000				<u>Coloring</u> <u>Pages</u>
				Notes & Journaling



<u>Mental</u> Health

Worksheets

Trackers

<u>Self-care</u>

<u>Coloring</u> <u>Pages</u>

1	Index Plan	iner inter i		
0000		tifying My riggers	Date:	<u>Mental</u> Health
0000	MY TRIGGER	S: HOW I BECAME TRIGGERED:	HOW CAN I HELP MYSELF :	<u>Worksheets</u>
				<u>Trackers</u>
00000				<u>Self-care</u>
0000				<u>Coloring</u> <u>Pages</u>
000				Notes & Journaling

L	~	~	0~
L	, ,	u	24

<u> Planner</u>

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

Worksheets

Trackers

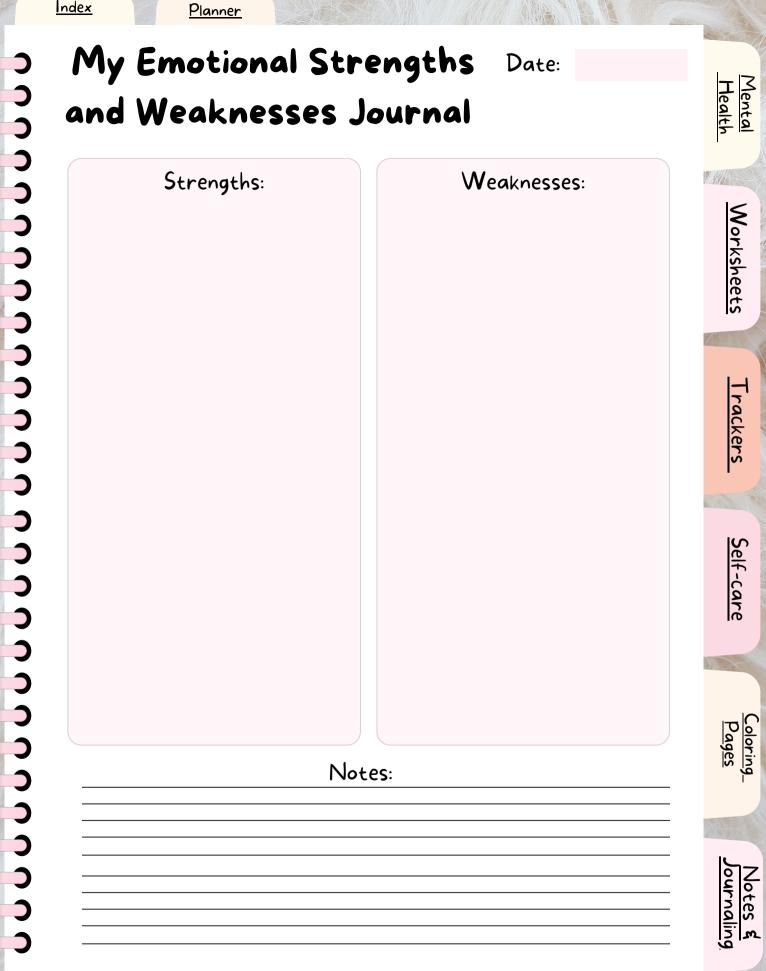
<u>Self-care</u>

<u>Coloring</u> <u>Pages</u>

Notes & Journaling

		-
1.928		
		_
107203	_	
		-
1225		
	_	
All		
		_
0.030		
1000	<u> </u>	
1019-210		
		-
123		
10p	L.	-
		-
	-	
		J
		-
1.11		
		_
191020		
12/52/3		
130		
1.60		
		-
92 A 4527		
	-	
		J
		-
1º		
183		
		-
		_
	-	
		-
	L.,	
	L .	
		-
	_	
		_
	-	
20100		J
	_	
		-

My Ma	nifestation	Date:	<u>Mental</u> Health
Jo This I Will N	anifest		
Intentions			Worksheets
I. 2. 3. How to get (closer to the life of my	dreams	Trackers
Goal	Action Steps	Reward	<u>Self-care</u>
			<u>Pages</u>
			Journaling



Index



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:



<u>Coloring</u> <u>Pages</u>

<u>Mental</u> Health

Worksheets

Trackers

<u>Self-care</u>

	_	~	
n	а	ρ	x
	ч	~	~



My Anxiety Relief Date: Journal

Anxiety trigger's:

How I can self soothe:

<u>Mental</u> Health

Worksheets

Trackers

<u>Self-care</u>

<u>Coloring</u> <u>Pages</u>

I	Index Planner			
		ety Relief	Date:	
	Jou	irnal		<u>Mental</u> Health
	Anxiety triggers	Why this triggered me	How i can self soothe	<u>R</u>
5				
				Worksheets
				sheet
5				L2
2				
				Trackers
				ers
				and the
5				Selt
				<u>Self-care</u>
				In
5				
				Pa
				<u>Coloring</u> <u>Pages</u>
5				CHARGE I
				Notes & ournaling
5				
10913				TUNE

C

0

0

K

My Trackers



Index

My Water Tracker

DAY	MORNING	AFTERNOON	EVENING
MON	0000	0000	0000
TUSE	0000	0000	$\bigcirc \bigcirc $
WED	0000	0000	0000
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
MON	0000	0000	0000
TUSE	$\Diamond \Diamond \Diamond \Diamond \Diamond$	0000	0000
WED	0000	0000	0000
THURS	0000	0000	0000
FRI	0000	0000	0000
SAT	$\Diamond \Diamond \Diamond \Diamond \Diamond$	$\Diamond \Diamond \Diamond \Diamond \Diamond$	0000
SUN	$\Diamond \Diamond \Diamond \Diamond \Diamond$	0000	$\Diamond \Diamond \Diamond \Diamond \Diamond$

<u>Coloring</u> <u>Pages</u>

Index

My Mood Tracker Mood Sun Mon Tue Wed Thu Fri Sat $\overline{}$ $\overline{}$ \sim $\overline{}$ \bigcirc \bigcirc \bigcirc $\overline{}$ \bigcirc \bigcirc $\overline{}$

Month:

<u>Mental</u> Health

1011

Worksheets

Trackers

Self-care

<u>Coloring</u> <u>Pages</u>

Planner

Month:

<u>Mental</u> Health

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 \	/itami	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

C

0

0

0 0

0000000000

0

<u>Mental</u> Health

Worksheets

Worksheets

Trackers

<u>Self-care</u>

<u>Coloring</u> <u>Pages</u>

<u>Index</u>

<u> Planner</u>

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

Index

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.		3 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:

<u>Coloring</u> <u>Pages</u>

<u>Mental</u> Health

Worksheets

Trackers

Self-care

Yall



000	Reframing Negative Tho Into Positive Though Journal		<u>Mental</u> <u>Health</u>
0000	Negative thoughts	Positive thoughts	<u>Worksheets</u>
			<u>Trackers</u>
			<u>Self-care</u>
			<u>Coloring</u> <u>Pages</u>
0000			Journaling

Index

Planner



> <u>Mental</u> Health

> > Worksheets

Trackers

<u>Self-care</u>

<u>Coloring</u> <u>Pages</u>



	Index Planner	
0000	Notes	<u>Mental</u> Health
0000		<u>Worksheets</u>
0000		Trackers
0000		<u>Self-care</u>
0000		<u>Coloring</u> <u>Pages</u>
0000		Notes & Journaling

	Index Planner	
0000	Notes	<u>Mental</u> Health
0000		<u>Worksheets</u>
0000		Trackers
0000		<u>Self-care</u>
))))))		<u>Coloring</u> <u>Pages</u>
0000		Notes & Journaling

CALL C	Index	Planner		
			Notes	
				<u>Mental</u> Health
	0			
	0			
	•			Worksheets
	0			its
	•			17
	O			 Trackers
	0			No.
	0			 Self
	0			Self-care
	O			
	•			
	0			 <u>Coloring</u> <u>Pages</u>
	0			
	0			<u>Notes</u> Journal
	•			 Notes & ournaling

Notes

<u>Mental</u> Health

Worksheets

Trackers





K

<u>Mental</u> Health

Worksheets

Trackers

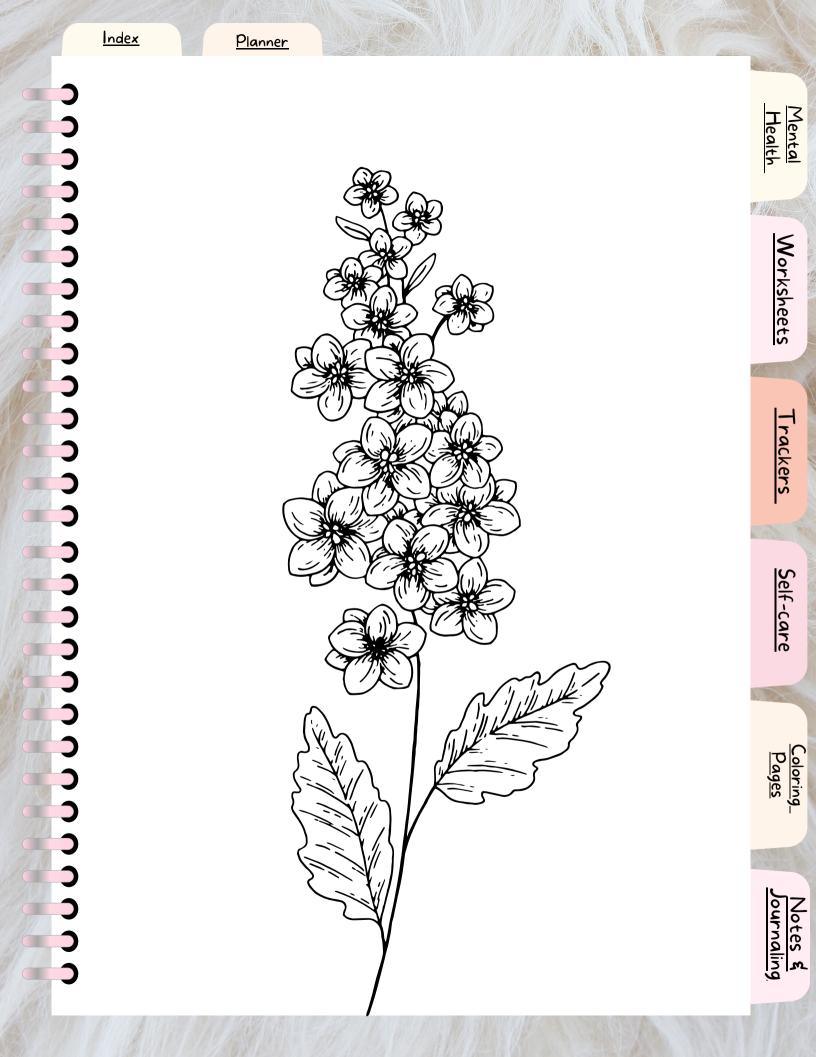
<u>Self-care</u>

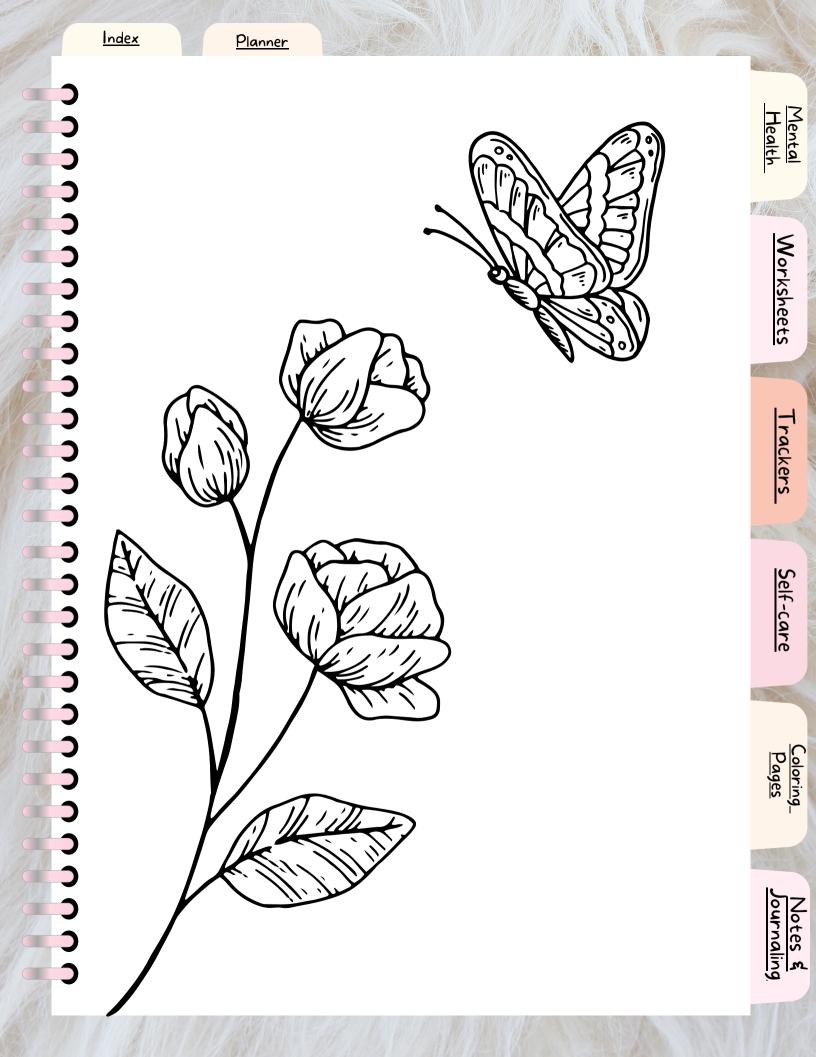
<u>Coloring</u> <u>Pages</u>

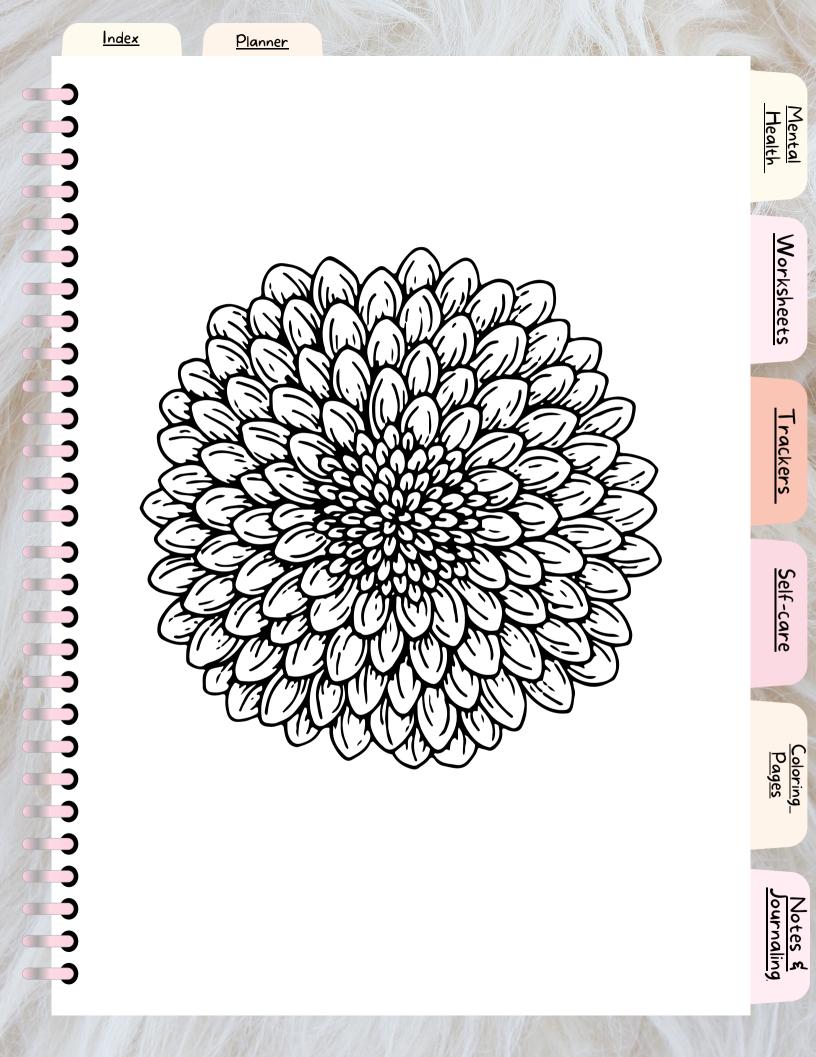


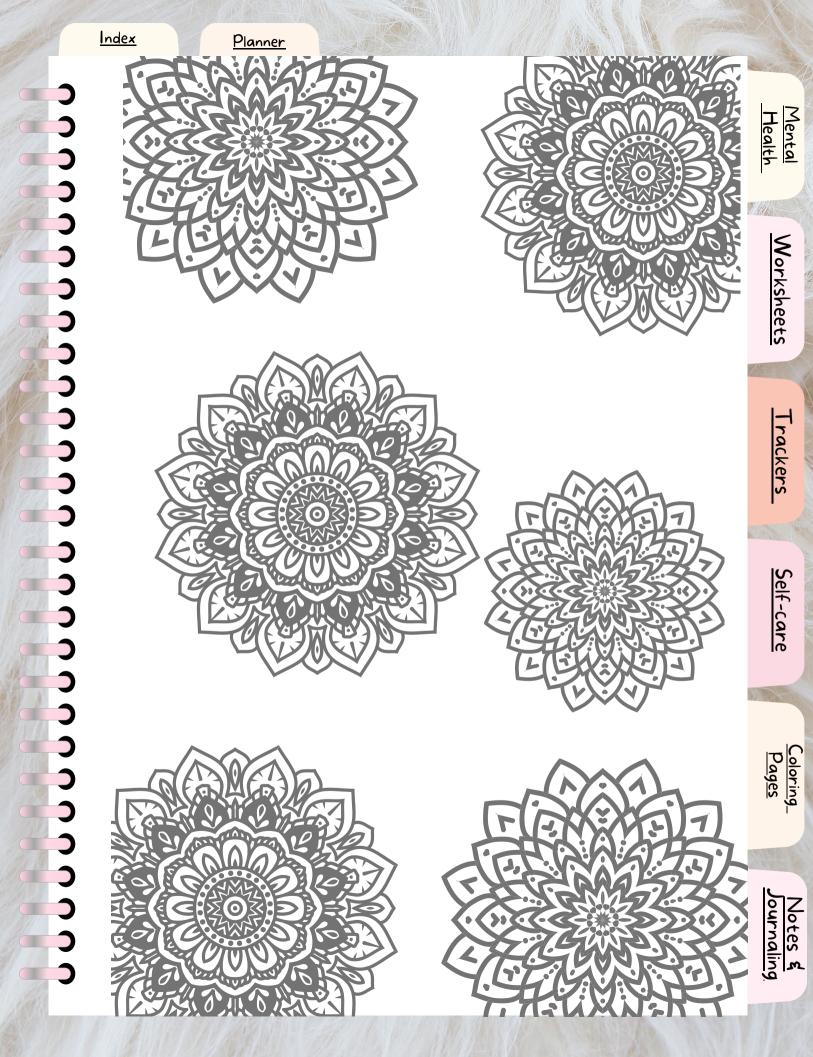




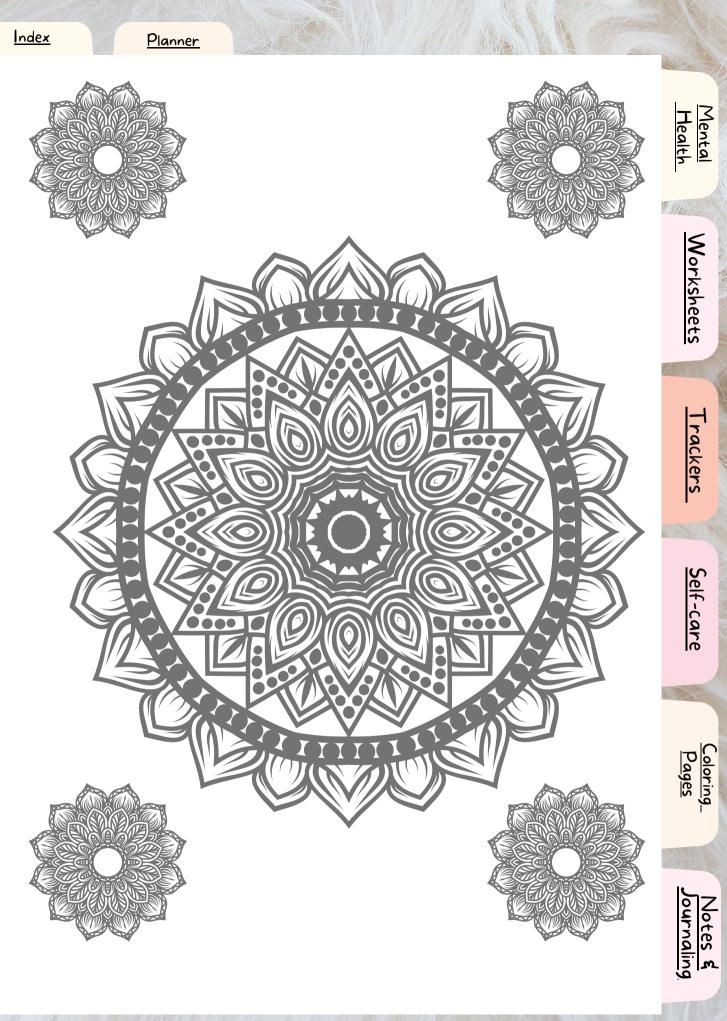




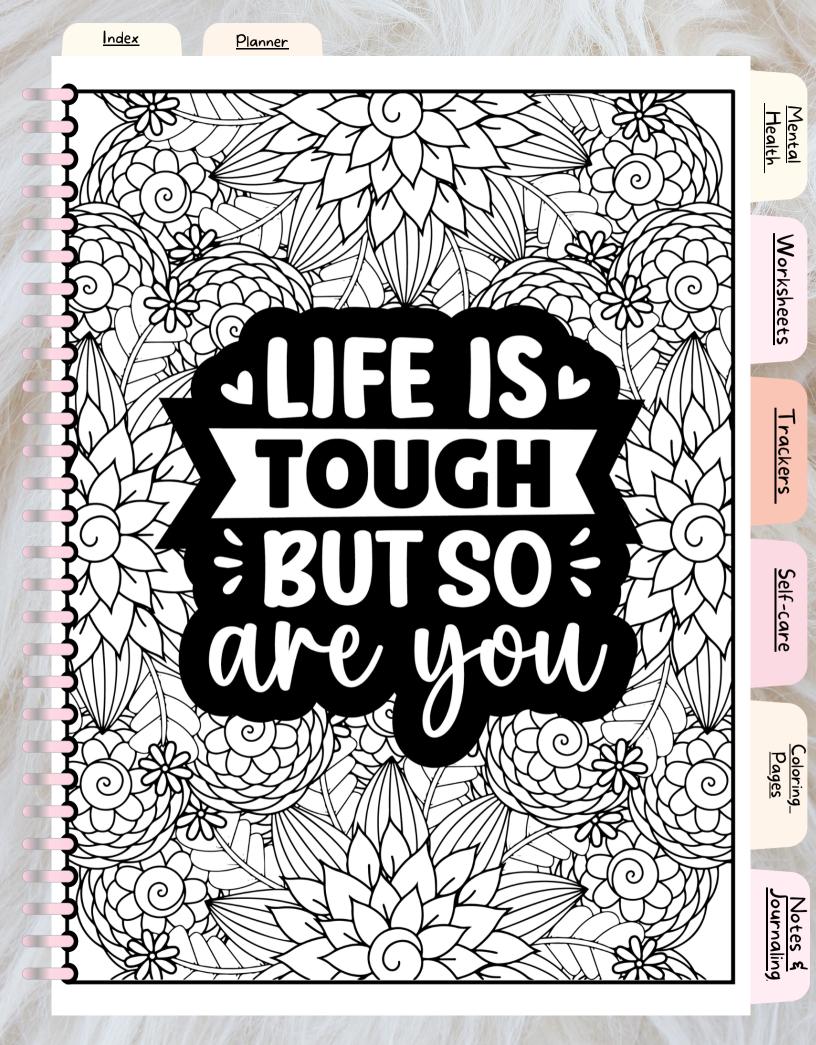












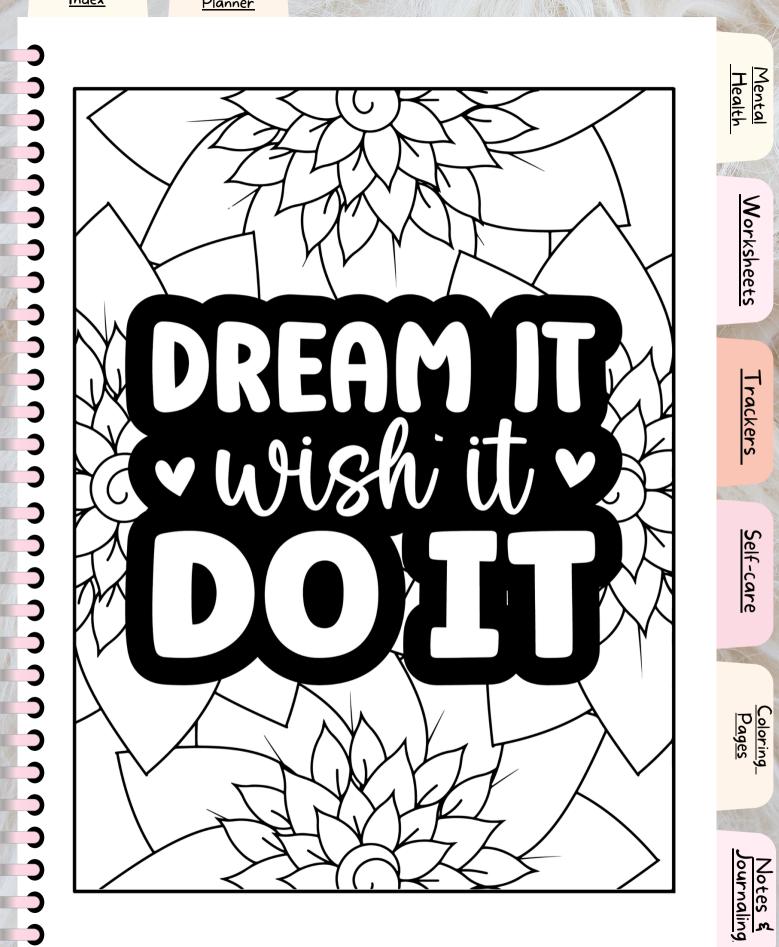


Index

Planner







Index

Planner







