

The background of the entire page is a light beige color, overlaid with a repeating pattern of white line-art flowers. The flowers are stylized, resembling hibiscus or similar large-petaled blooms, with detailed centers and stems with leaves. The pattern is dense and covers the entire surface.

*the*

# SELF-CARE PLANNER

|  
*a planner for:*

# 7 DAY SELF-CARE CHALLENGE

DAY 01 HAVE LUNCH OR COFFEE WITH A FRIEND

DAY 02 SPEND THE DAY IN NATURE TO ENERGIZE

DAY 03 RELAX WITH A FULL LENGTH SPA ROUTINE

DAY 04 GET OFF SOCIAL MEDIA FOR THE DAY

DAY 05 DECLUTTER YOUR ROOM OR YOUR CLOSET

DAY 06 TAKE THE TIME TO COOK A HEALTHY DINNER

DAY 07 DO SOMETHING FUN AND CREATIVE!

# THE 5 DAY CHALLENGE

**DAY  
01**

WRITE DOWN WHAT  
YOU LOVE ABOUT YOU

**DAY  
02**

CREATE A HAPPINESS  
PLAYLIST

**DAY  
03**

COOK YOURSELF A  
NICE MEAL

**DAY  
04**

PRACTICE SELF  
AFFIRMATION

**DAY  
05**

APPROACH YOUR PROBLEM  
WITH MINDFULNESS

# 5 DAY CHALLENGE

**DAY  
01**

WRITE DOWN  
WHAT YOU LOVE  
ABOUT YOU

**DAY  
02**

CREATE A  
HAPPINESS  
PLAYLIST

**DAY  
03**

COOK YOURSELF  
A NICE MEAL

**DAY  
04**

PRACTICE SELF  
AFFIRMATION

**DAY  
05**

APPROACH YOUR  
PROBLEM WITH  
MINDFULNESS

# 30 DAY SELF-CARE CHALLENGE

STRETCH ALL YOUR MUSCLES	DRINK MORE WATER	GO FOR A WALK IN NATURE	EAT YOUR FAVORITE TREAT	GOT TO BED EARLY
LISTEN TO FAVORITE SONGS	EAT VEGETARIAN MEALS	TAKE A NICE BUBBLE BATH	COOK YOUR FAVORITE MEAL	PRACTICE YOGA
GO ON A SOLO DATE	JOURNALING	MEDITATE	PRACTICE GRATITUDE	TRY A DIY PROJECT
WATCH THE SUNRISE	READ A BOOK	EXPLORE A NEW CITY	WATCH YOUR FAVORITE MOVIE	GIVE YOURSELF A MANICURE
GET SOME SUNLIGHT	START A NEW HOBBY	WRITE OUT YOUR GOALS	ORGANIZE YOUR CLOSET	WATCH THE SUNSET
GIVE YOURSELF A BREAK	LEARN A NEW SKILL	CREATE YOUR IDEAL FUTURE	SURROUND YOURSELF WITH POSITIVITY	DRINK PLENTY OF WATER

# 28 DAY SELF-CARE CHALLENGE

STRETCH  
ALL YOUR  
MUSCLES

DRINK MORE  
WATER

GO FOR A  
WALK IN  
NATURE

EAT YOUR  
FAVORITE  
TREAT

GOT TO  
BED  
EARLY

LISTEN TO  
FAVORITE  
SONGS

EAT  
VEGETARIAN  
MEALS

TAKE A NICE  
BUBBLE  
BATH

COOK YOUR  
FAVORITE  
MEAL

PRACTICE  
YOGA

GO ON A  
SOLO DATE

JOURNALING

MEDITATE

PRACTICE  
GRATITUDE

TRY A DIY  
PROJECT

WATCH THE  
SUNRISE

READ A BOOK

EXPLORE A  
NEW CITY

WATCH YOUR  
FAVORITE  
MOVIE

GIVE  
YOURSELF A  
MANICURE

GET SOME  
SUNLIGHT

START A NEW  
HOBBY

WRITE OUT  
YOUR GOALS

ORGANIZE  
YOUR  
CLOSET

WATCH THE  
SUNSET

GIVE  
YOURSELF  
A BREAK

LEARN A  
NEW SKILL

CREATE  
YOUR IDEAL  
FUTURE

# SELF-CARE PLANNER

PHYSICAL SELF-CARE	M	T	W	TH	F	S	S

EMOTIONAL SELF-CARE	M	T	W	TH	F	S	S

NOTES:

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# SELF-CARE PLANNER

## MY TOP PRIORITIES

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

## NOTE TO SELF

## MY SCHEDULE

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## MY SCHEDULE

BREAKFAST

LUNCH

DINNER

SNACK

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# SELF-CARE PLANNER

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

## MY SELF-CARE ACT

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## TODAY'S FOCUS

## PERSONAL REMINDER

## LIST OF PRIORITIES

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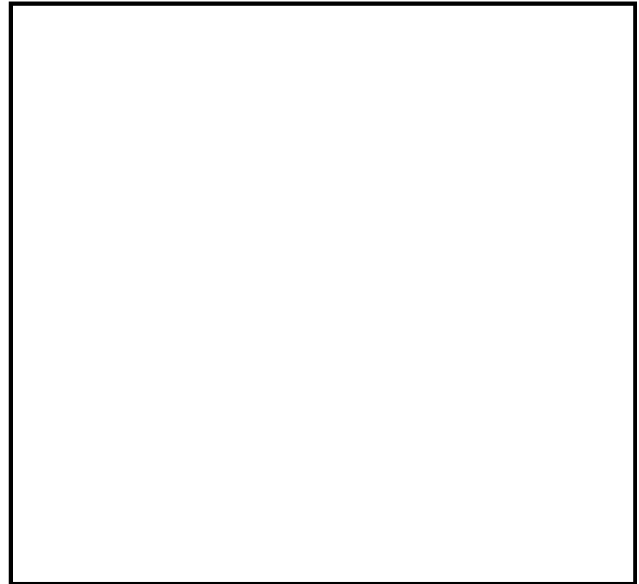
# SELF-CARE PLANNER

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

## DAILY AFFIRMATIONS

## MY MAIN GOALS



## DAILY GOALS



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## NOTES





# SELF-CARE GOALS

TODAT'S AFFIRMATION:

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WHAT IS THE PURPOSE BEHIND MY SELF-CARE GOALS?

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WHAT MOTIVATES ME TO ACHIEVE THEM?

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HOW CAN I ACHIEVE THEM?

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HABITS TO START

HABITS TO STOP

# WEEKLY SELF-CARE PLAN

WEEK: \_\_\_\_\_

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

## PRIORITIES

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## TO-DO'S

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## NOTES

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# SELF-CARE CHALLENGE

WRITE DOWN YOUR GOAL	DRINK ENOUGH WATER	EAT HEALTHY FOOD	GO FOR A LONG WALK
SPEND TIME ALONE	SLEEP FOR 8 HOURS	MEDITATE FOR 5 MINUTES	CREATE A NEW PLAYLIST
COOK YOUR FAVORITE MEAL	TRY A NEW EXERCISE	NO TV NIGHT	TAKE A COLD SHOWER
WALK IN THE NATURE	START JOURNALING	DO A QUICK WORKOUT	CREATE A MOOD BOARD

**NOTES:**

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# SELF-CARE CHALLENGE

WRITE DOWN  
YOUR GOAL

DRINK  
ENOUGH  
WATER

EAT  
HEALTHY  
FOOD

GO FOR A  
LONG WALK

SPEND TIME  
ALONE

SLEEP FOR  
8 HOURS

MEDITATE FOR  
5 MINUTES

CREATE A  
NEW PLAYLIST

COOK YOUR  
FAVORITE  
MEAL

TRY A NEW  
EXERCISE

NO TV NIGHT

TAKE A  
COLD SHOWER

WALK IN THE  
NATURE

START  
JOURNALING

DO A QUICK  
WORKOUT

CREATE A  
MOOD BOARD

PRACTICE  
YOGA

GOT TO  
BED  
EARLY

# SELF-CARE CHALLENGE

WRITE DOWN YOUR GOAL	DRINK ENOUGH WATER	EAT HEALTHY FOOD	GO FOR A LONG WALK
SPEND TIME ALONE	SLEEP FOR 8 HOURS	MEDITATE FOR 5 MINUTES	CREATE A NEW PLAYLIST
COOK YOUR FAVORITE MEAL	TRY A NEW EXERCISE	NO TV NIGHT	TAKE A COLD SHOWER
WALK IN THE NATURE	START JOURNALING	DO A QUICK WORKOUT	CREATE A MOOD BOARD

“

YOUR QUOTE GOES HERE

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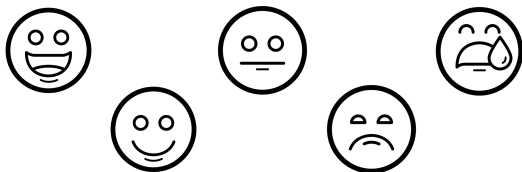
# SELF-CARE JOURNEY

MONTH/YEAR: \_\_\_\_\_

## ACTS OF SELF-CARE

## TODAY'S MOOD

## AFFIRMATION



## I'M GRATEFUL FOR

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## INSPIRATION

# DAILY SELF-CARE PLAN

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

## SCHEDULE

## PRIORITIES

**MORNING:**

- 1.
- 2.
- 3.

## TO-DO'S

**AFTERNOON:**

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**EVENING:**

## MEALS

## NOTES

BREAKFAST	LUNCH
DINNER	SNACK

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# SELF-CARE NOTES

## THINGS I CAN DO WHEN I'M SAD

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## THINGS I CAN DO WHEN I'M BORED

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## THINGS I'M LOOKING FORWARD TO

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## MY FAVORITES

**MOVIES:**

**BOOKS:**

**PLACES:**

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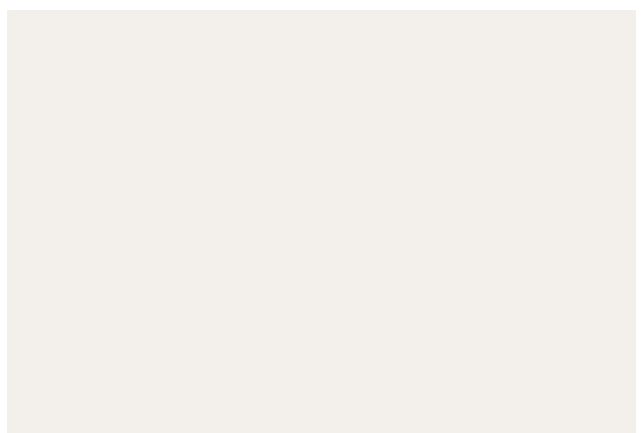
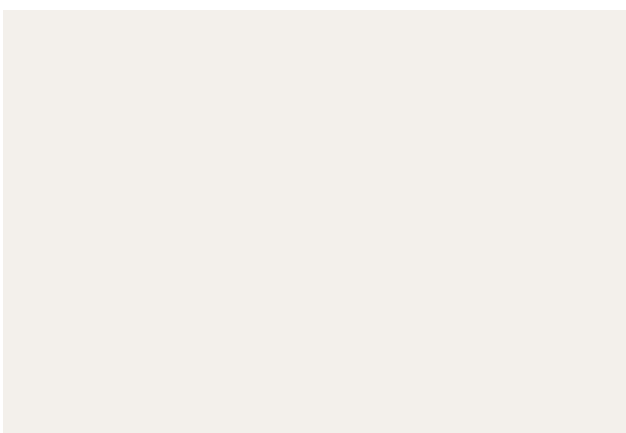
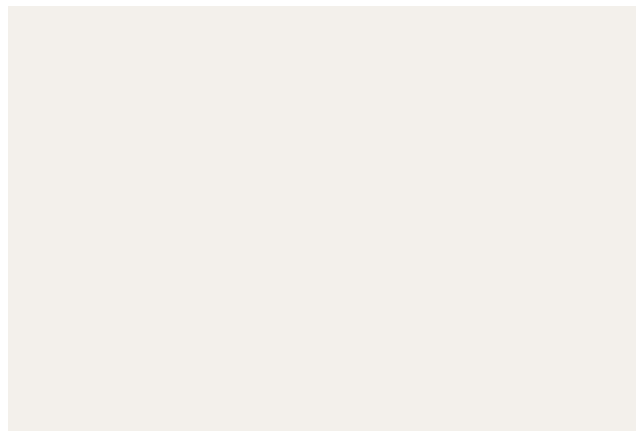
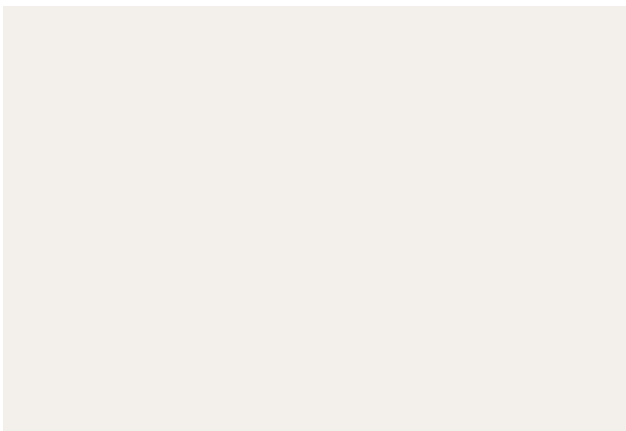
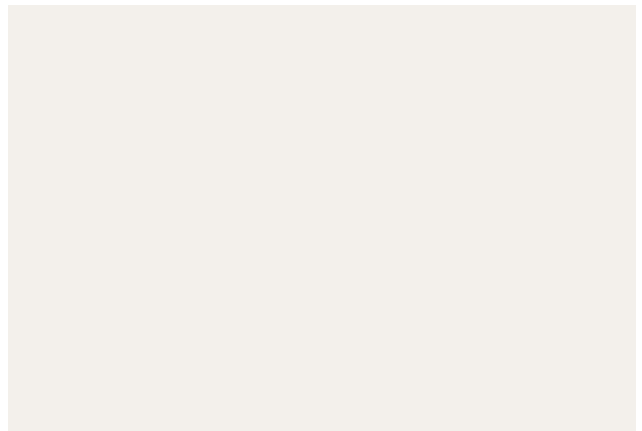
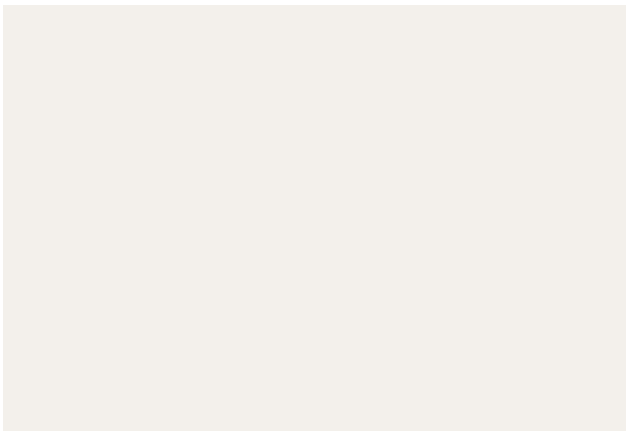
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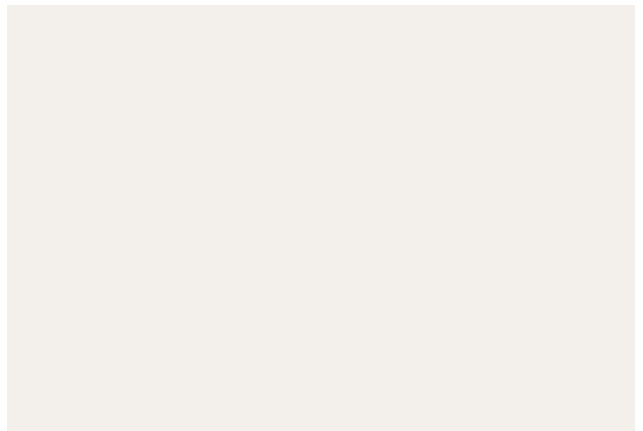
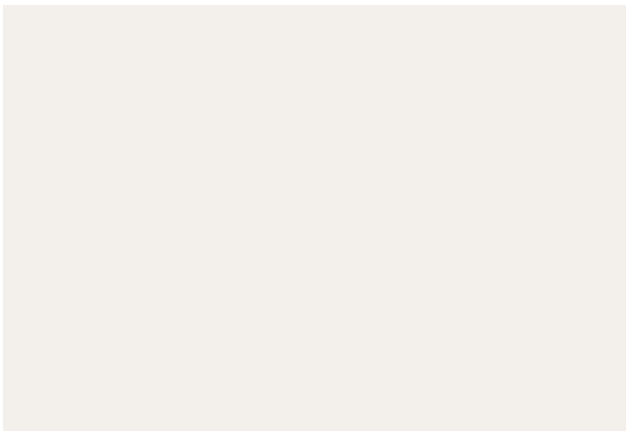
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# VISION BOARD



# VISION BOARD



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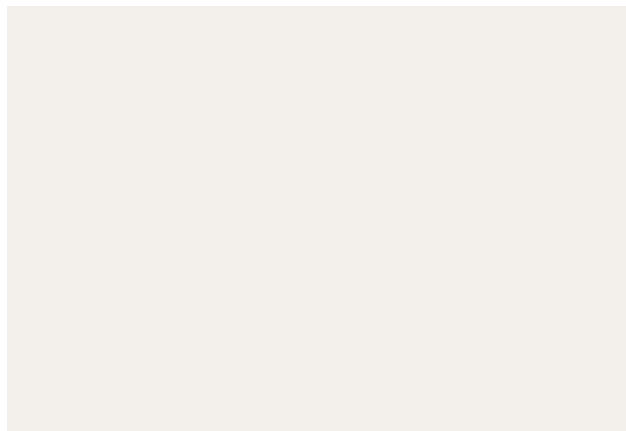
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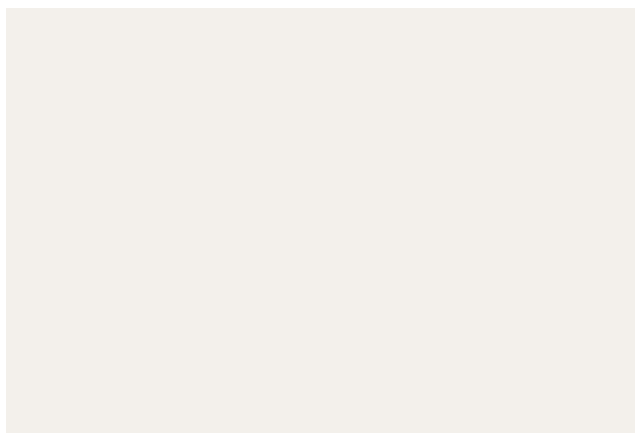
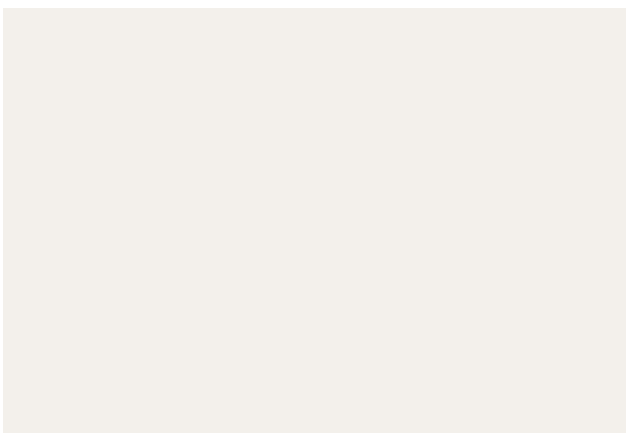
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# SELF-CARE AFFIRMATION

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

## MY AFFIRMATIONS



1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

## MY RULES

## NOTES

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# SELF-CARE CHECKLIST

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

**TITLE HERE**

**M T W TH F S S**

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<input type="checkbox"/>							
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**TITLE HERE**

**M T W TH F S S**

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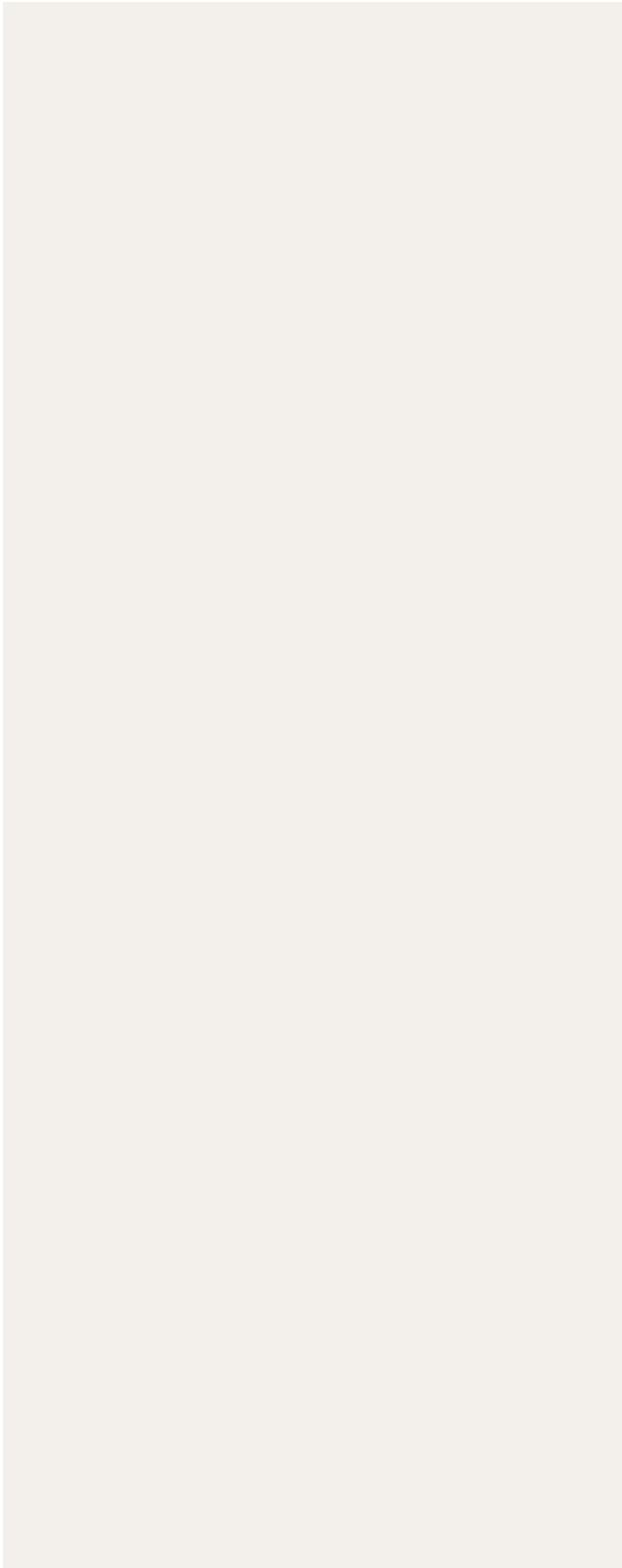
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# SELF-CARE CHECKLIST



**TITLE HERE**

**NOTES:**

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# SELF-CARE GRATITUDE

**THINGS I AM GRATEFUL FOR**

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**THINGS I AM CAPABLE OF**

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**NOTES:**

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# SELF-CARE GRATITUDE

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

**WHAT MAKES YOU FEEL GRATEFUL FOR TODAY?**

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**QUOTE**

**AFFIRMATION**

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**NOTES**

# SELF-CARE PROCESSES

**THINGS I DO TO PROCESS MY FEELINGS**

**THINGS I SAY TO GROW MY CONFIDENCE**

**THINGS I DO TO KEEP MYSELF BUSY**

# SELF-CARE INTENTION

YOUR QUESTION GOES HERE

YOUR QUESTION GOES HERE

YOUR QUESTION GOES HERE

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NOTES

# SELF-CARE INTENTON

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

**YOUR QUESTION GOES HERE**

**YOUR QUESTION GOES HERE**

**YOUR QUESTION GOES HERE**

**YOUR QUESTION GOES HERE**

**NOTES**

# LETTER TO MY FUTURE SELF

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

**DEAR ME,**

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**SIGNED BY:**

\_\_\_\_\_

# SELF-CARE INTENTION

**YOUR QUESTION GOES HERE**

**YOUR QUESTION GOES HERE**

**YOUR QUESTION GOES HERE**

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**YOUR QUESTION GOES HERE**

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**YOUR QUESTION GOES HERE**

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**YOUR QUESTION GOES HERE**

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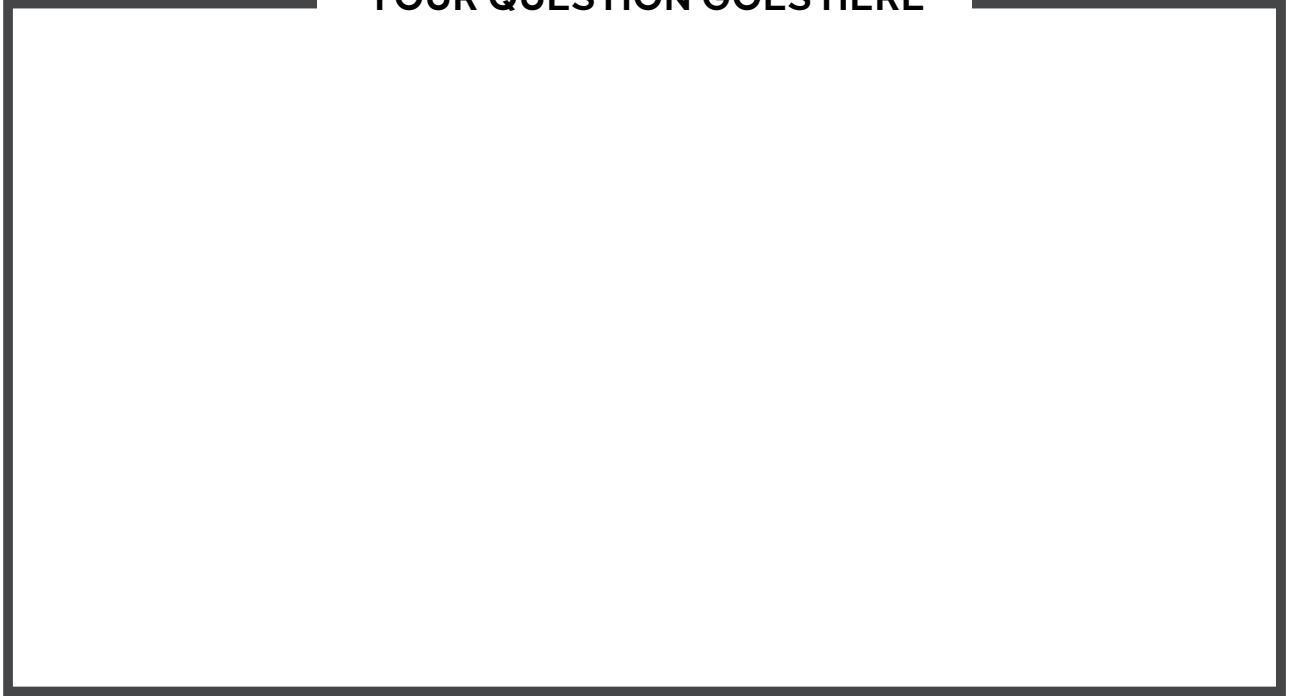


# SELF-CARE REMINDER

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

**YOUR QUESTION GOES HERE**










**YOUR QUESTION GOES HERE**





# SELF-CARE TRACKER

	M	T	W	TH	F	S	S	NOTES
SLEEP								
TRAITS								
WAKE UP								
MOOD								

# SELF-CARE TRACKER

## MORNING TASKS

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## NIGHT TASKS

M	T	W	T	F	S	S
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## NOTES



# SELF-CARE BUCKETLIST

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

MY LIST	GOAL IS	✓
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

**NOTES**

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# SELF-CARE TO DO

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**NOTES**

# YEARLY PLANNER

YEAR: \_\_\_\_\_

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



# MONTH AT A GLANCE

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

**YOUR TEXT GOES HERE**

**YOUR TEXT GOES HERE**

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**YOUR TEXT GOES HERE**



**YOUR TEXT GOES HERE**

## NOTES

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# MONTHLY SELF-CARE PLAN

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

## IMPORTANT

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## FAVORITES

M	T	W	T	F	S	S

# JOURNALING PROMPTS

**YOUR QUESTION GOES HERE**

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**YOUR QUESTION GOES HERE**

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# JOURNALING PROMPTS

**YOUR QUESTION GOES HERE**

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**YOUR QUESTION GOES HERE**

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# SELF-CARE JOURNAL

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

## I'M GRATEFUL FOR

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## NOTES TO SELF

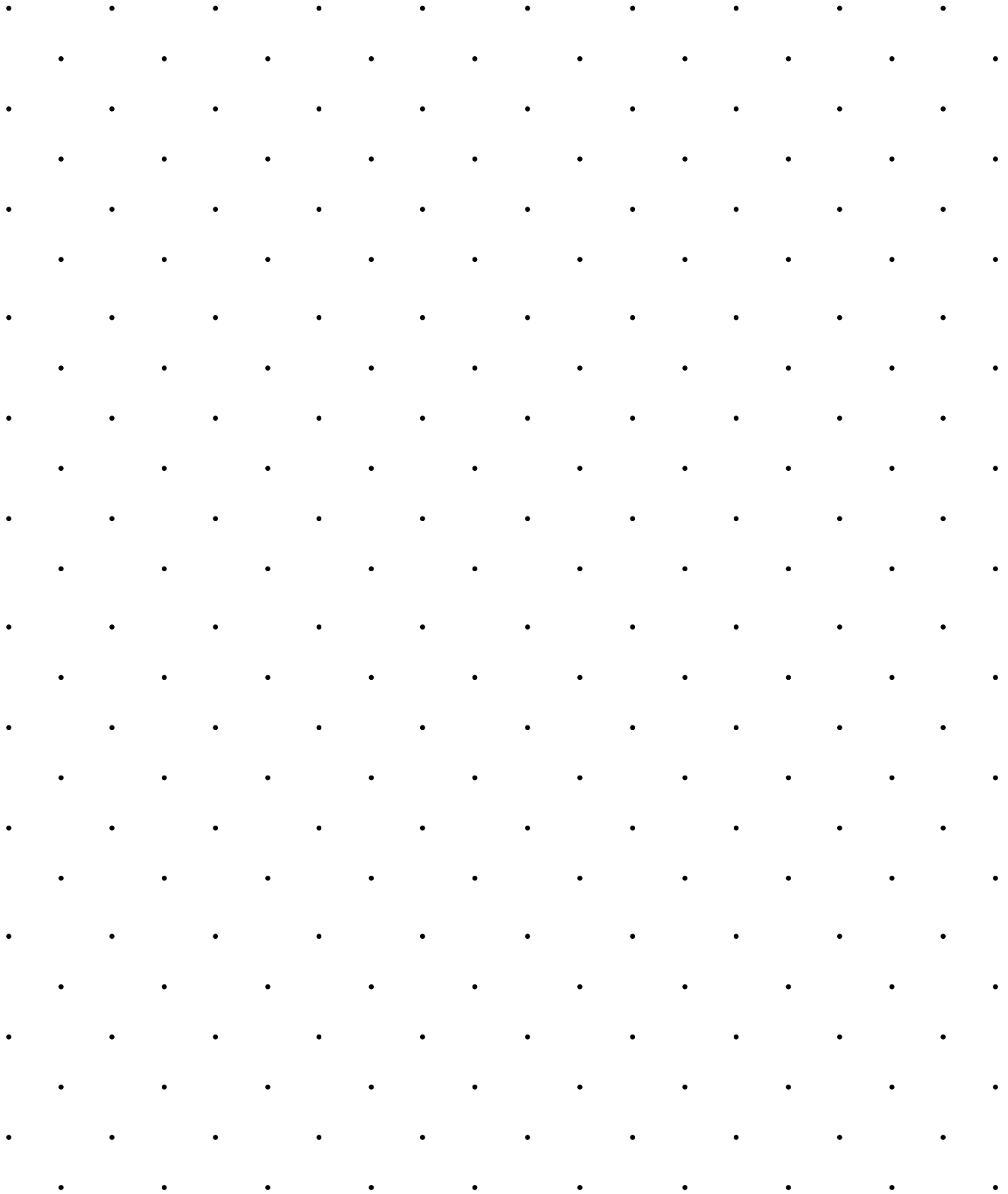
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## AFFIRMATIONS

# MY NOTES

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S



# MY NOTES

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

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**OTHER NOTE:**



# THOUGHT REFLECTION

YOUR QUESTION GOES HERE

YOUR QUESTION GOES HERE

YOUR QUESTION GOES HERE

YOUR QUESTION GOES HERE

# HABIT TRACKER

<b>H A B I T   N A M E</b>	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
<b>NOTES:</b>	<input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> 11 <input type="radio"/> 12 <input type="radio"/> 13 <input type="radio"/> 14 <input type="radio"/> 15 <input type="radio"/> 16 <input type="radio"/> 17 <input type="radio"/> 18 <input type="radio"/> 19 <input type="radio"/> 20 <input type="radio"/> 21 <input type="radio"/> 22 <input type="radio"/> 23 <input type="radio"/> 24 <input type="radio"/> 25 <input type="radio"/> 26 <input type="radio"/> 27 <input type="radio"/> 28 <input type="radio"/> 29 <input type="radio"/> 30 <input type="radio"/> 31 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

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<b>H A B I T   N A M E</b>	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
<b>NOTES:</b>	<input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> 11 <input type="radio"/> 12 <input type="radio"/> 13 <input type="radio"/> 14 <input type="radio"/> 15 <input type="radio"/> 16 <input type="radio"/> 17 <input type="radio"/> 18 <input type="radio"/> 19 <input type="radio"/> 20 <input type="radio"/> 21 <input type="radio"/> 22 <input type="radio"/> 23 <input type="radio"/> 24 <input type="radio"/> 25 <input type="radio"/> 26 <input type="radio"/> 27 <input type="radio"/> 28 <input type="radio"/> 29 <input type="radio"/> 30 <input type="radio"/> 31 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

# HABIT TRACKER






HABIT NAME	
1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30

HABIT NAME	
1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30

HABIT NAME	
1	16
2	17
3	18
4	19
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6	21
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14	29
15	30

HABIT NAME	
1	16
2	17
3	18
4	19
5	20
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14	29
15	30

# MOOD TRACKER






MY MOOD						NOTES:
MORNING	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
AFTERNOON	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
EVENING	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	

NOTE:

# WEEKLY MOOD TRACKER

DATE: \_\_\_\_\_

M / T / W / TH / F / S / S

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

**NOTE:**

# SELF LOVE TIPS

TAKE TIME FOR  
YOURSELF

TAKE CARE OF  
YOUR BODY

BE KIND TO  
YOURSELF

CELEBRATE  
YOURSELF

PRACTICE  
GRATITUDE

CHALLENGE  
NEGATIVE SELF-  
TALK

CONNECT WITH  
YOURSELF

**NOTES:**

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