

S e l f   C a r e

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P l a n n e r



A spiral binding on the left edge of the page, consisting of a series of black rings connected by a red and white striped cord.

This Book Belongs To

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# Self Care Planner

DATE:

M

T

W

T

F

S

S

## My Morning Routine


## My Evening Routine


## TODAY MY MEALS

## TIME

## WATER

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

## MY SCHEDULE

## HEALTH SELF-CARE


## FITNESS SELF -CARE


## NOTES TO SELF


## MY MOOD TODAY







[illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible]

# Gratitude Journal

Week Of:

Mon	Today I am grateful for..
Tue	Today I am grateful for..
Wed	Today I am grateful for..
Thu	Today I am grateful for..
Fri	Today I am grateful for..
Sat	Today I am grateful for..
Sun	Today I am grateful for..

# Anxiety Journal

WHAT HAPPEND

MY REACTION

BETTER COPING  
STRATEGY

WHAT HAPPEND

MY REACTION

BETTER COPING  
STRATEGY

WHAT HAPPEND

MY REACTION

BETTER COPING  
STRATEGY

WHAT HAPPEND

MY REACTION

BETTER COPING  
STRATEGY



# Meditation Tracker

[illegible]

# Daily Planner

## PRIORITIES

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## GOALS

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[illegible]

To Do

[illegible]

# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

Nutrition	

Daily Affirmation

## Notes



# Weekly Planner

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES

# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

# Monthly Calendar

MON	TUE	WED	THU

# Monthly Calendar

MONTH:

[illegible]

# Monthly Self Care

MONTH:



Thoughts & Feelings

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# Habit Tracker

[illegible]

# Sleep Tracker

MONTH OF:

HOURS A SLEEP

[illegible]



# Exercise Log

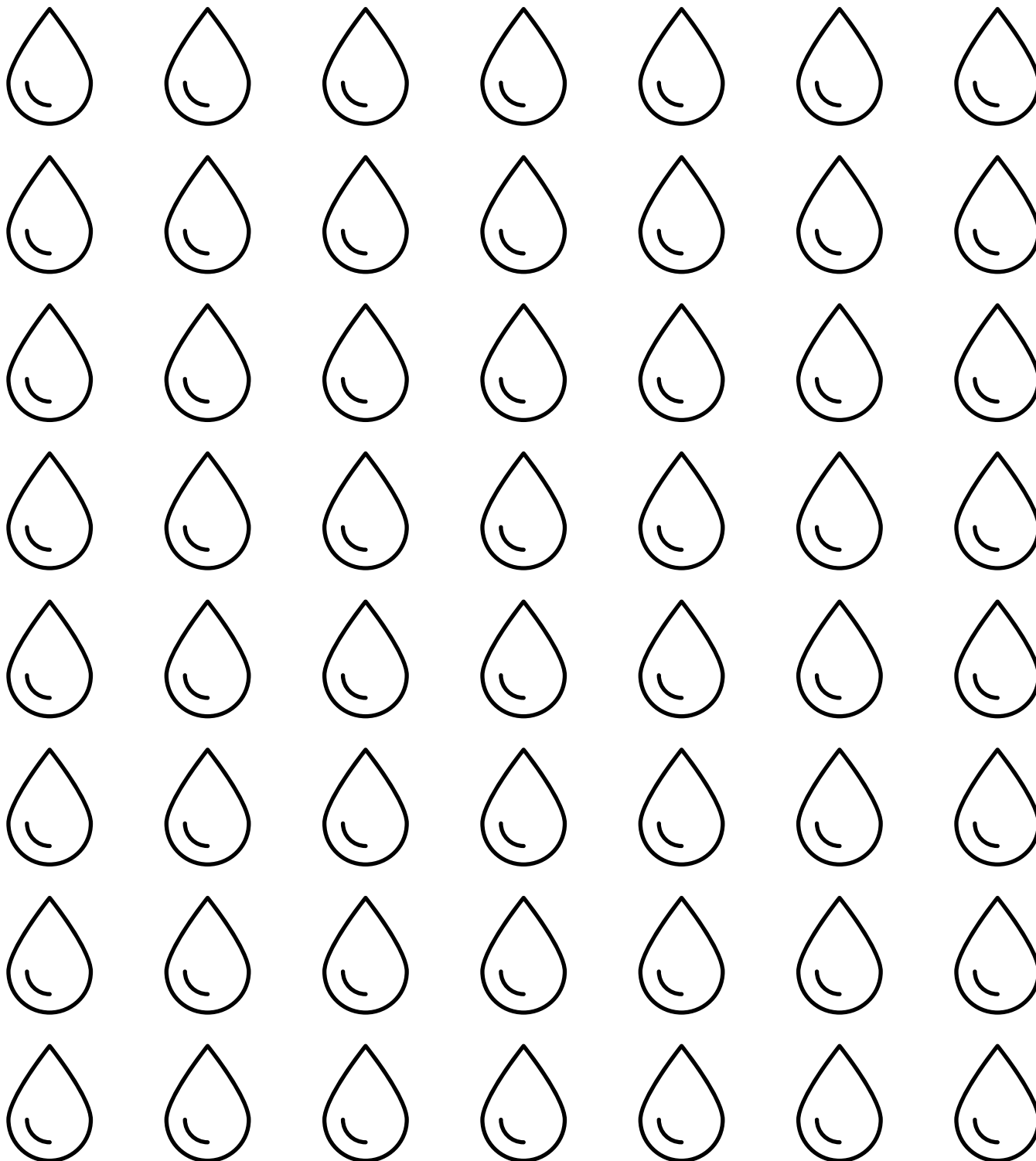
Month:

[illegible]

# Water Tracker

Month:

Week Of:



# Goal Planner

GOAL:	
DEADLINE:	ACHIEVED <input type="radio"/>

## STEP TO TAKE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

GOAL:	
DEADLINE:	ACHIEVED <input type="radio"/>

## STEP TO TAKE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

GOAL:	
DEADLINE:	ACHIEVED <input type="radio"/>

## STEP TO TAKE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

GOAL:	
DEADLINE:	ACHIEVED <input type="radio"/>

## STEP TO TAKE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Daily Food Journal

MEAL ONE

WATER

COFFEE/TEA

ALCOHOLIC BEVERAGES

VEGGIES / FRUITS

MEAL TWO

EXERCISE

STRENGTH

CARDIO

MIND

OTHER

MEAL THREE

SNACKS

NOTES ABOUT TODAY

DAILY WINS

# Daily Wins Journal

FOR THE MONTH OF:

[illegible]

# My Weekly Menu

WEEK OF :

## MEAL IDEAS

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## GROCERIES

## SNACK IDEAS

# 30 Day Fitness Challenge

MY GOAL IS TO:

1

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30



# Daily Workout Plan

MORNING WORKOUT

EVENING WORKOUT

HEALTHY MEAL PLAN

# Daily Checklist

[illegible]

# Running Log

[illegible]

# Diet Log

WEEK OF:

PROTEIN	FAT	CARBS

# Morning Routine

[illegible]

MY WHY	

NOTES

# Daily Reflection

DATE: .....

5 things that made me feel happy today


5 small successes I had today were


Today I had fun when

--

# Monthly Check In

DATE: .....

POSITIVE AFFIRMATION

TOP 3 THINGS I DID THIS MONTHS

☐☐☐

THIS MONTH I FELT



MOST REWARDING INTERACTION  
I HAD THIS MONTH

NEXT MONTH I WANT TO

THINGS I ACCOMPLISHED THIS  
MONTH

WHAT WAS THE BEST THING  
ABOUT THIS MONTH?

MY RANKING OF THE MONTH





# Self Care Goal

MIND GOALS	
♡	
♡	
♡	
♡	
♡	
♡	

BODY GOALS	
♡	
♡	
♡	
♡	
♡	
♡	

OTHER GOALS	
♡	
♡	
♡	
♡	
♡	

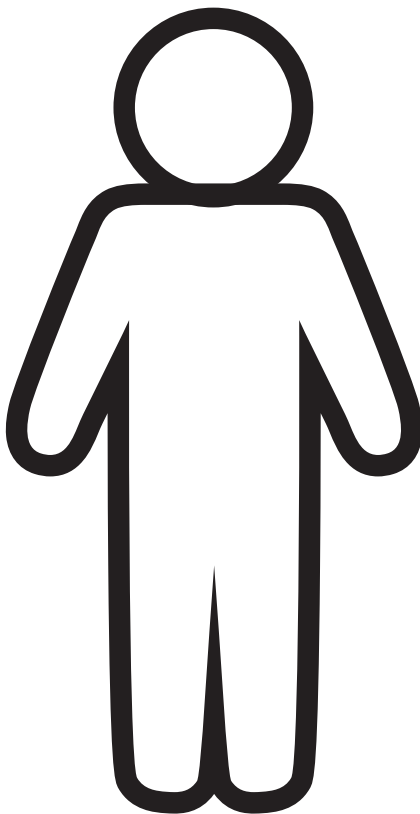
# Tension Check-in

WEEK OF: .....

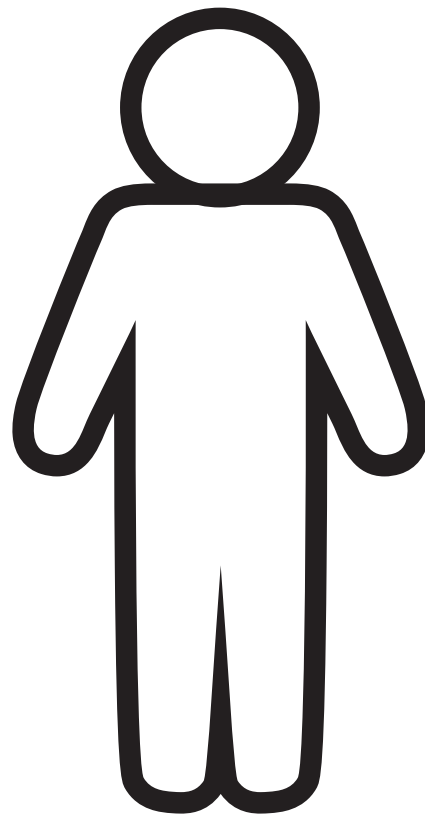
DATE: .....

WHAT BIG EVENTS HAVE HAPPENED THIS WEEK?

WHERE DO I FEEL THE TENSION?



FRONT



BACK

# Weekly Dream Journal

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# Daily Affirmations

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# 30 Days Self Care Challenge

[illegible]

# Symptoms Tracker

## Mental Symptoms

M

T

W

T

F

S

A grid of 112 empty circles arranged in 16 rows and 7 columns, intended for a dot plot.

# Daily Review

TOP 5 ACCOMPLISHMENT

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WHAT DID I DO WELL?

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WHAT I NEED TO IMPROVE?

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LESSON LEARNED?

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GRATEFUL FOR

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DAILY SUMMARY

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DAILY SCORE

HOW CAN NEXT DAY BE BETTER?

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# Weekly Review

TOP 5 ACCOMPLISHMENT

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WHAT DID I DO WELL?

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WHAT I NEED TO IMPROVE?

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LESSON LEARNED?

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GRATEFUL FOR

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DAILY SUMMARY

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WEEKLY SCORE

HOW CAN NEXT DAY BE BETTER?

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# Appointment Tracker

[illegible]

# My Happy Place

## My Favorite Books



## My Favorite Songs



## My Favorite Vacation Spots



# Weekly Goals

MONTH

M

T

W

T

F

S

S

TO DO

GOALS

# About Me

My Name:

Date:

MY WELLNESS GOALS

WHAT MOTIVATES ME

MY HABITS

REWARDS FOR MEETING MY GOALS

WHAT INSPIRES ME

# Do more of what makes you happy!

THIS MAKES ME HAPPY

HOW OFTEN SHOULD I DO IT

# Wellness Goal

GOAL:

WHY?

GOAL:

WHY?

# Daily Wellness Tracker

WAKE UP TIME:	HOURS SLEPT:
MOOD	
0%	ENERGY LEVEL100%
WATER	BED TIME:

MEALS	EXERCISE	SELF CARE

GRATITUDE	THOUGHTS	NOTES

# Wellness Calendar

MONTH: \_\_\_\_\_

[illegible]




# Weekly Wellness


	MON	TUE	WED	THU
WAKE UP				
MOOD				
ENERGY				
WATER				
EXERCISE				
BREAKFAST				
LUNCH				
DINNER				
GRATITUDE				
MEDICINE				
BED TIME				
HOURS SLEPT				
SLEEP QUALITY	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆

Weekly of:

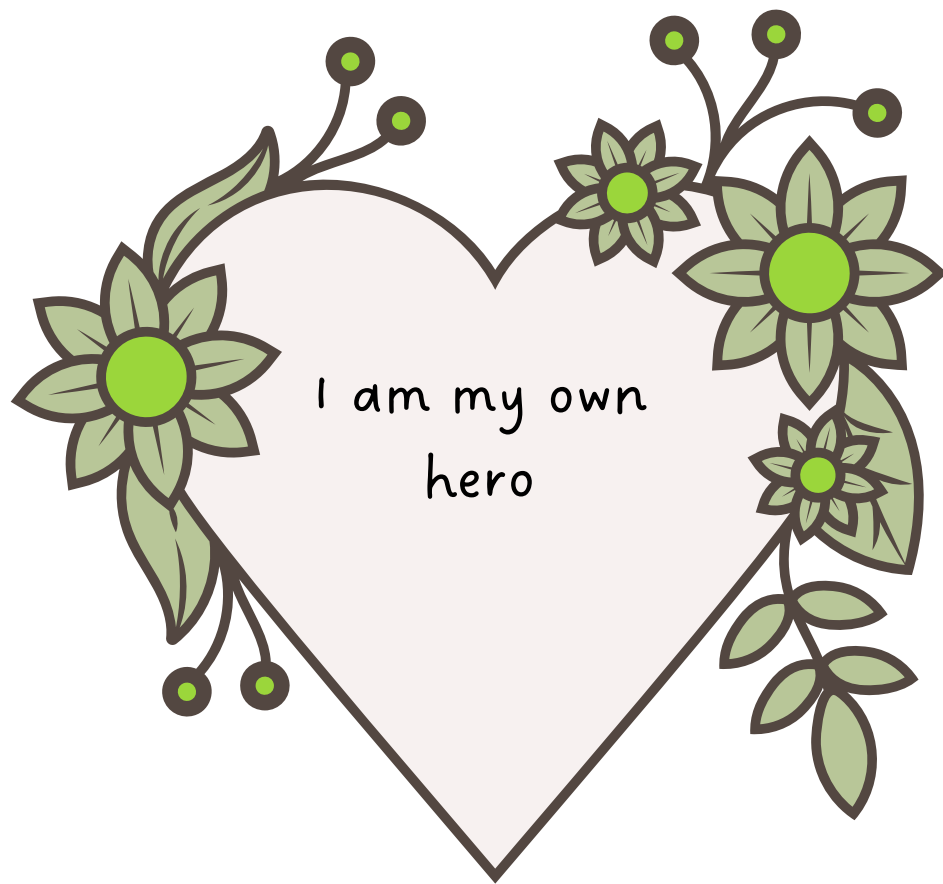
	FRI	SAT	SUN	NOTES
WAKE UP				
MOOD				
ENERGY				
WATER				
EXERCISE				
BREAKFAST				
LUNCH				
DINNER				
GRATITUDE				
MEDICINE				
BED TIME				
HOURS SLEPT				
SLEEP QUALITY	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆




**I am strong &  
beautiful in  
my own way**



**I am worthy of  
all good things**





I can do anything  
I set my mind to




I love, trust,  
value and honor  
myself




I attract the right  
partner who loves  
& cherishes me



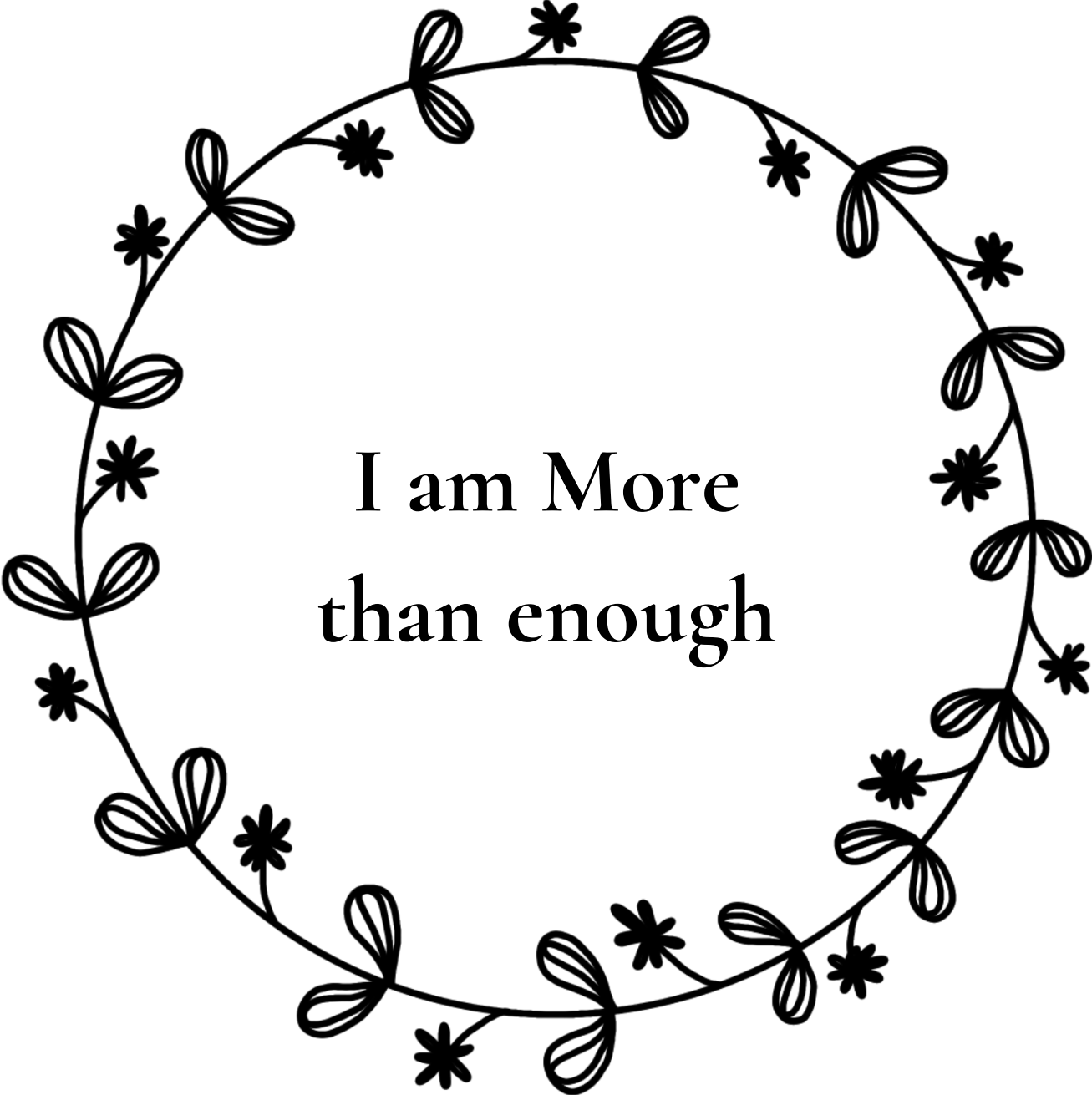





I give myself a  
chance and  
opportunity  
to heal



**I attract  
opportunities  
everywhere  
I go**

A circular wreath made of a vine with leaves and small flowers. The wreath is composed of a continuous line of leaves and small, five-petaled flowers arranged in a circle. The leaves are simple, oval-shaped, and the flowers are small and delicate. The entire wreath is drawn in black lines on a white background.

I am More  
than enough



I am full of  
gratitude

# My Vision Board

HEALTH

FAMILY

FINANCE

FRIENDSHIP

LOVE

CAREER

KNOWLEDGE

TRAVEL

HOBBIES

# To Do List

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## Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Bucket List

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐