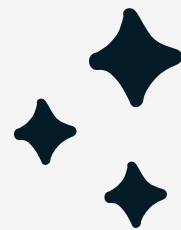


SELF-CARE PLANNER



NAME:

.....



DAILY ROUTINE

..... / /

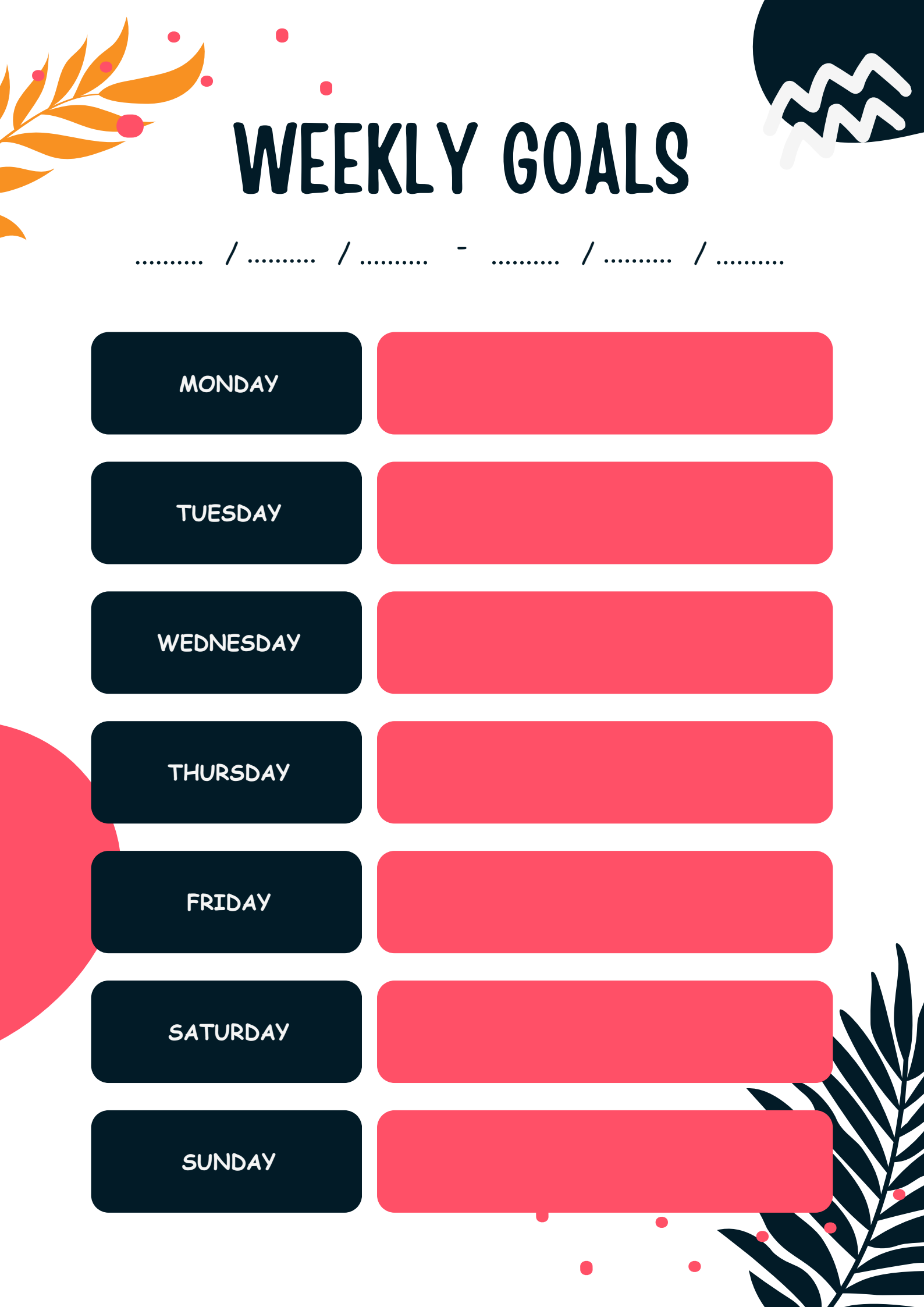
TIME	SCHEDULE

PRIORITY

- 1
- 2
- 3
- 4

TODAY'S MEAL

NOTES



WEEKLY GOALS

..... / / - / /

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

30 DAYS SELF-CARE

MONTH: /

01 Take a Relaxing Bath	02 Read a Book	03 Practice Deep Breathing	04 Try Meditation	05 Journaling
06 Listen to Calming Music	07 Yoga or Stretching	08 Disconnect from Technology	09 Spend Time with Loved Ones	10 Cook a Healthy Meal
11 Go for a Walk	12 Practice Positive Affirmations	13 Artistic Expression	14 Good Night's Sleep	15 Away from Work
16 Pamper Yourself	17 Watch a Good Movie	18 Learn Something New	19 Declutter Your Space	20 Mindful Eating
21 Practice Gratitude	22 Help Others	23 Dance it Out	24 Plan a Day of Rest	25 Explore Nature
26 Connect with a Friend	27 Digital Detox	28 Laugh Out Loud	29 Mental Health Check-In	30 Set Boundaries



MEAL PLANNER

..... / / - / /

DAY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



SELF-CARE CHECKLIST

MONTH: /

01. Eat a balanced meal.

☐

02. Drink enough water.

☐

03. Get at least 7-8 hours of sleep.

☐

04. Practice mindfulness or meditation.

☐

05. Take breaks to clear your mind.

☐

06. Read a book or engage in intellectual activities.

☐

07. Connect with a friend or loved one.

☐

08. Set realistic goals for the day.

☐

HABIT TRACKER

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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

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11	12	13	14	15	16	17	18	19	20

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11	12	13	14	15	16	17	18	19	20

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11	12	13	14	15	16	17	18	19	20

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11	12	13	14	15	16	17	18	19	20

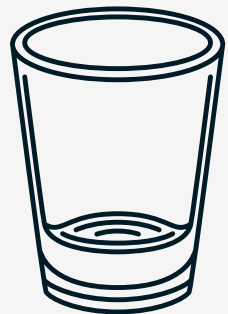
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11	12	13	14	15	16	17	18	19	20



WATER INTAKE

..... / /



WORKOUT TRACKER

..... / / - / /

MON	EXERCISE	TIME/REPS
TUE	EXERCISE	TIME/REPS
WED	EXERCISE	TIME/REPS
THU	EXERCISE	TIME/REPS
FRI	EXERCISE	TIME/REPS
SAT	EXERCISE	TIME/REPS
SUN	EXERCISE	TIME/REPS

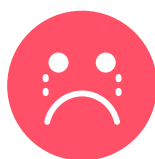
MOOD TRACKER

MONTH: /

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



HAPPY



SAD

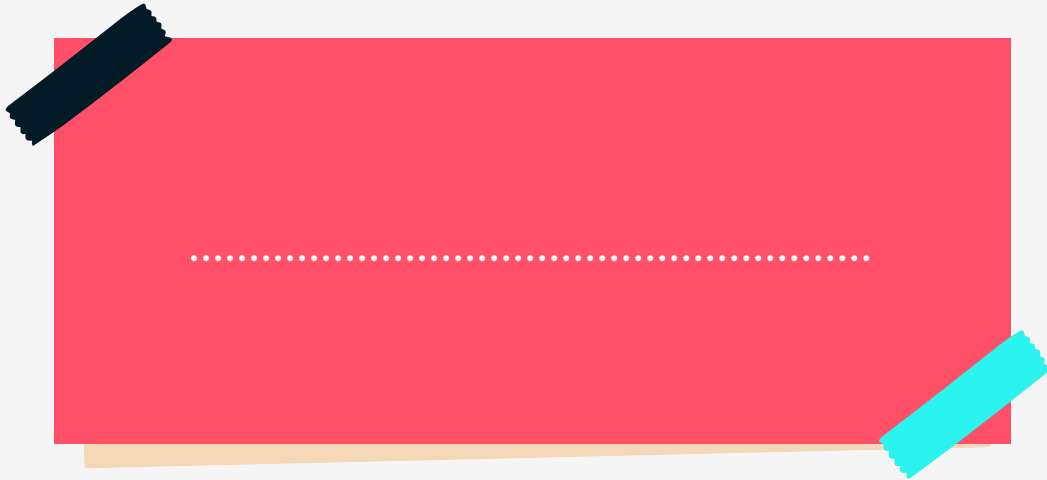


ANGRY




MEH

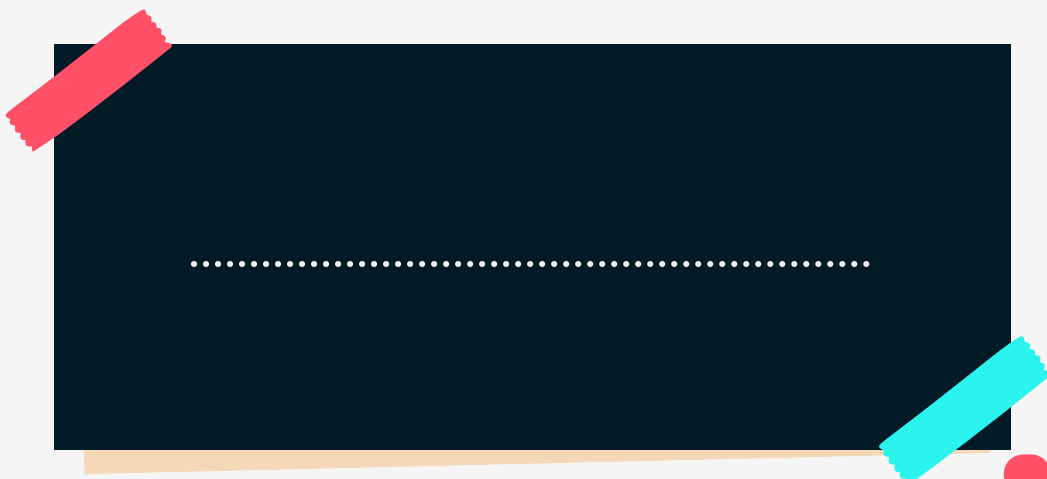
SELF QUOTES



A red rectangular sticky note with a white dotted line for writing. It is decorated with a black torn-edge sticker on the top-left corner and a cyan torn-edge sticker on the bottom-right corner.



A cyan rectangular sticky note with a white dotted line for writing. It is decorated with a black torn-edge sticker on the top-left corner and a red torn-edge sticker on the bottom-right corner.



A dark blue rectangular sticky note with a white dotted line for writing. It is decorated with a red torn-edge sticker on the top-left corner and a cyan torn-edge sticker on the bottom-right corner.



LOVE YOUR SELF

You are incredible just as you are. Embrace your uniqueness, celebrate your victories, and be gentle with yourself during challenges. Remember, self-love is a journey, and you're on the right path. You deserve all the joy and fulfillment life has to offer. Keep shining.

