

Unclutter Planner

2025



Personal Planner



UNCLUTTER MIND®



2025

Planner by
Unclutter Mind!

BELONGS TO

Hello, I'm Kunjam Khurana, the founder of Unclutter Mind, dedicated to assisting you on your journey to improved mental well-being. As a PhD scholar and counseling psychologist, I have meticulously crafted this planner to make your 2025 both productive and health-focused.

This planner features monthly calendars and check-ins, weekly to-dos, and, at its conclusion, templates for daily planning, financial planning, workout scheduling, and engaging mental well-being activities. Consider this planner a gift from Unclutter Mind, designed to support you as we embark on the new year together.

May 2025 bring you both mental and physical health. Make the most of this valuable resource and cherish the opportunity for positive change. Wishing you a fulfilling and transformative year ahead!

**Warm regards,
Kunjam Khurana
Founder, Unclutter Mind**

2025

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

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

May

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

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

October

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

My Goals in 2025

Professional Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Personal Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Health Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Financial Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Love Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Passion Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

● To Start ☒ Ok ☐ Delay ☒ Stuck ☒ Cancel

January

2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TO DO

NOTE

A GENTLE CHECK-IN

i hope you're taking it moment by moment

loving

listening

learning

finding strength in softness

turning toward the sun and bathing in the moon

washing off the war in your mind

slowly creating and growing

surrendering in stillness

soaking up all the laughs and releasing all the pain

quietly blooming into someone you're proud of

spending quality time with quality souls

basking in the atmosphere and their beautiful

energies you feel you've known forever

allowing revelations to enter your mind and

become your world

painting memories

embracing the present

yearning for the future

JANUARY

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

JANUARY

WEEKLY SCHEDULE

SAT

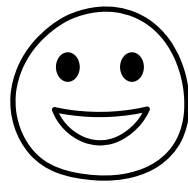
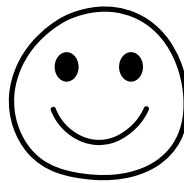
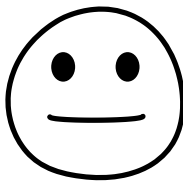
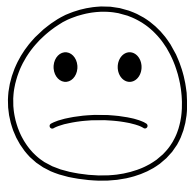
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about January :



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



Angry = Red

Happy = Yellow

Sad = Blue

Nervous = Purple

Excited = Green

Calm = Orange

it's okay

to begin your story today.
Those mistakes you've made along the way
are lessons, not failures.
You were meant to get back up and find a
way that resonates with you.
There is no expiration date to reinventing
yourself.

February2025

SundayMondayTuesdayWednesdayThursdayFridaySaturday

1

2

3

4

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TO DO

NOTE

FEBRUARY

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

FEBRUARY

WEEKLY SCHEDULE

SAT

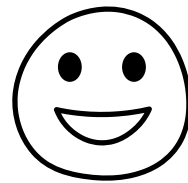
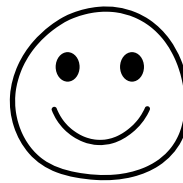
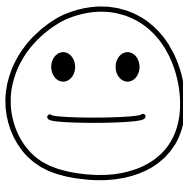
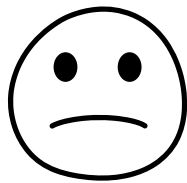
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about February :



My act of kindness:

Reason for my rating

Something new I learned this month:

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How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

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March

2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

TO DO NOTE

I hope you always remember
how valuable you are. You belong here just as much as
anyone else, making an impact on every person you
meet. You are needed even if you cannot see it in this
moment. Keep going, friend. You belong here.

- TIFFANY MOULE

MARCH

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

MARCH

WEEKLY SCHEDULE

SAT

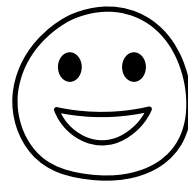
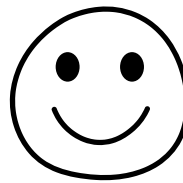
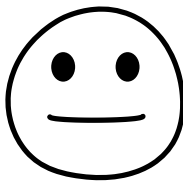
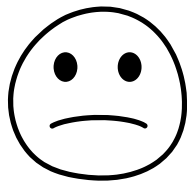
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about March:



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

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Calm = Orange

April

2025

Sunday

Monday

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TO DO

NOTE

as a reminder, some people over function, busy themselves, and complete tasks when facing trauma, grief, anxiety, powerlessness. some people under function, slow down, internalise, and need rest. both are valid and respectable ways to cope. neither is right nor wrong.

APRIL

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

APRIL

WEEKLY SCHEDULE

SAT

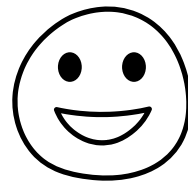
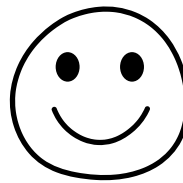
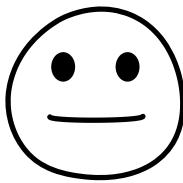
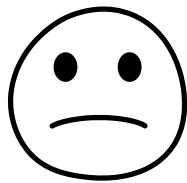
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about April :



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



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Happy = Yellow

Sad = Blue

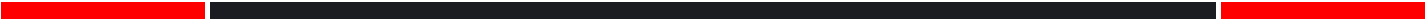
Nervous = Purple

Excited = Green

Calm = Orange

May

2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

TO DO

NOTE

MAY

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

MAY

WEEKLY SCHEDULE

SAT

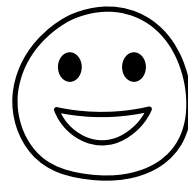
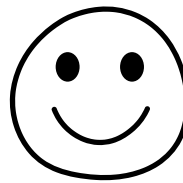
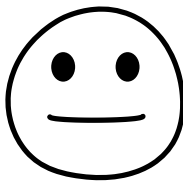
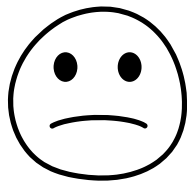
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about May :



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



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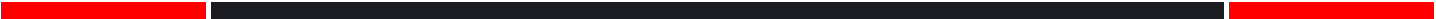
Nervous = Purple

Excited = Green

Calm = Orange

June

2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

TO DO

NOTE

be kind to your body. if you're sleeping in longer than usual, taking more naps, and not sticking to your schedule, that's okay. listen to what your body needs.

JUNE

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

JUNE

WEEKLY SCHEDULE

SAT

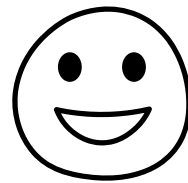
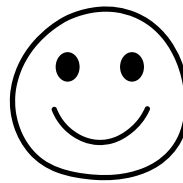
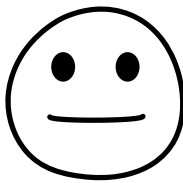
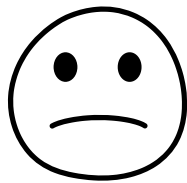
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about June :



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



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July

2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	24	26
27	28	29	30	31		

TO DO

NOTE

it's okay to be sad right now. overwhelmed with
uncertainty. stressed. anxious. lazy. unmotivated.
whatever you're feeling is alright. let yourself feel
it. it will pass. things will get better.

JULY

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

JULY

WEEKLY SCHEDULE

SAT

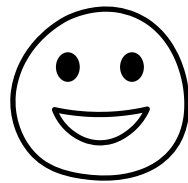
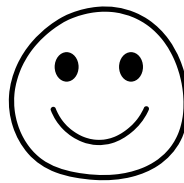
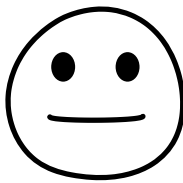
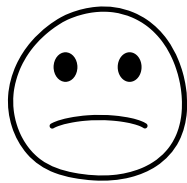
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about July :



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



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Calm = Orange

August

2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>
<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>
<div>31</div>	TO DO		NOTE			

growth is listening to what
people say to you with the
filter of, “they are speaking
from their perspective,
not mine.”

AUGUST

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

AUGUST

WEEKLY SCHEDULE

SAT

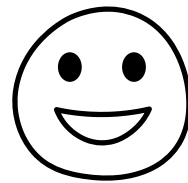
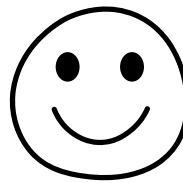
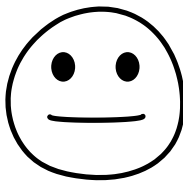
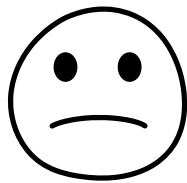
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about August :



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

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September

2025

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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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28	29	30				

TO DO

NOTE

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are lessons, not failures.
You were meant to get back up and find a
way that resonates with you.
There is no expiration date to reinventing
yourself.

SEPTEMBER

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

SEPTEMBER

WEEKLY SCHEDULE

SAT

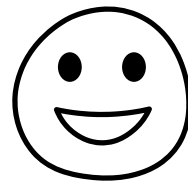
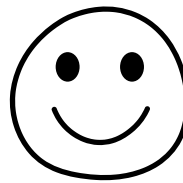
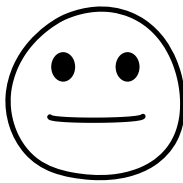
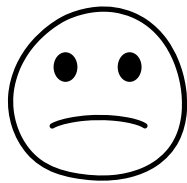
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about September :



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



Angry = Red

Happy = Yellow

Sad = Blue

Nervous = Purple

Excited = Green

Calm = Orange

October

2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TO DO

NOTE

"This letter is to you.

The you that's had a rough week. The you that seems to be under constant storm clouds. The you that feels invisible. The you that doesn't know how much longer you can hold on. The you that has lost faith. The you that always blames yourself for everything that goes wrong. To you.

You are incredible. You make this world a little bit more wonderful. You have so much potential and so many things left to do. You have time. Better things are coming your way, so please hang in there. You can do it."

OCTOBER

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

OCTOBER

WEEKLY SCHEDULE

SAT

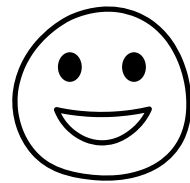
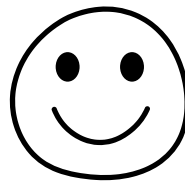
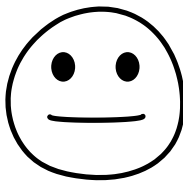
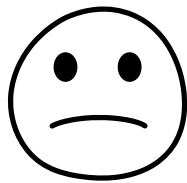
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about October:



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

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Happy = Yellow

Sad = Blue

Nervous = Purple

Excited = Green

Calm = Orange

November

2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30						

TO DO

NOTE

It took me a long time to realize that not everything in life is meant to be a beautiful story. Not every person we feel something deep and moving with is meant to make a home within us, is meant to be a forever. Sometimes, people come into our lives to teach us how to love; and sometimes, people come into our lives to teach us how *not* to love. How *not* to settle, how *not* to shrink ourselves ever again. Yes, sometimes people leave—but that's okay, because their lessons always stay, and that is what matters. That is what remains.

NOVEMBER

WEEKLY SCHEDULE

MON

TUES

WED

THURS

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NOVEMBER

WEEKLY SCHEDULE

SAT

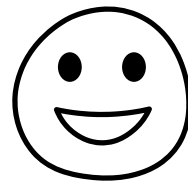
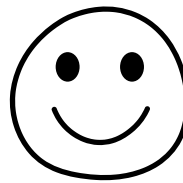
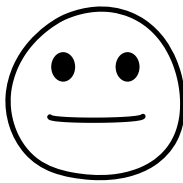
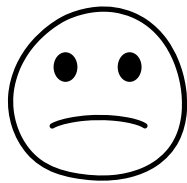
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about November



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

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Sad = Blue

Nervous = Purple

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Calm = Orange

December

2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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TO DO

NOTE

ALL THE DARK PLACES

If you are reading this right now,
in the darkness of your room,
holding yourself together,
trying to ignore the loudness
of your anxious thoughts,
to make yourself exhausted so that
sleep might just come that little bit
easier tonight.

I want you to believe that it won't
always feel like this.
Soon it will feel a little better,
then a little better, then a little better.
Day by day, the light will begin
to break through again.
You *will* survive this,
all the strength you need is within you.
Please, just keep going.

DECEMBER

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

DECEMBER

WEEKLY SCHEDULE

SAT

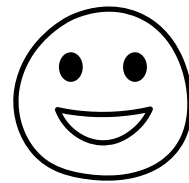
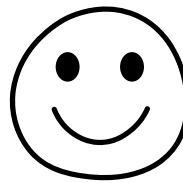
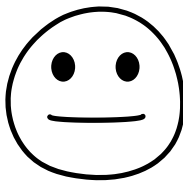
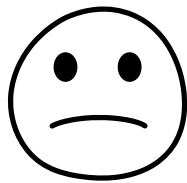
SUN

Date: _____

Monthly REFLECTION

Today is:

How I feel about December :



My act of kindness:

Reason for my rating

Something new I learned this month:

Just Checkin' In!

How are you feeling?



What was the most frustrating part of your month?

What was the most enjoyable part of your month?

Anything else you would like to share with yourself?

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



Angry = Red

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Nervous = Purple

Excited = Green

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MONTHLY OVERVIEW

JANUARY

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MONTHLY OVERVIEW

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MONTHLY OVERVIEW

OCTOBER

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MONTHLY OVERVIEW

OCTOBER

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ANNUAL OVERVIEW

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

ANNUAL OVERVIEW

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

DAILY PLANNER

DATE :

S M T W T F S

URGENT

NOT URGENT

NOT IMPORTANT

<hr/>	<hr/>
<hr/>	<hr/>
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REMINDER

NOTE

STUDY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

TO DO LIST

TASK

NOTE

WORKOUT PLANNER

DATE :

WATER TRACKER



THIS MONTH'S TARGET

FINANCIAL PLANNER

DATE:	MONTH:
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INCOME

DATE	DESCRIPTION	AMOUNT

EXPENSES

DATE	DESCRIPTION	AMOUNT

NOTE

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GRATITUDE JOURNAL

DATE

S | M | T | W | T | F | S

WATER INTAKE



THINGS I'M GRATEFUL FOR TODAY

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5 GOOD THINGS TODAY

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DRAWING MY MOOD TODAY

THE FAILURE I RECEIVED TODAY

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WHAT TO DO TOMORROW

○

○

○

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MEAL PLANNER

DATE:	MONTH:
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	BREAKFAST	LUNCH	DINNER	SNACKS	WATER
MON					
TUES					
WED					
THURS					
FRI					
SAT					
SUN					

HEALTH PLANNER

WEEK :

MONTH :

DAY	MEAL PLAN	WORKOUT	WATER TRACKER
MON	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	
TUES	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	
WED	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	
THURS	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	
FRI	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	
SAT	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	
SUN	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	

30-DAY SELF-CARE CHALLENGE

☐

Set a personal goal for the month

☐

Practice deep breathing or meditation for 10 minutes

☐

Write a list of 10 things you're grateful for

☐

Take a walk outside

☐

Declutter a room or workspace

☐

Call or text a friend to catch up

☐

Cook a healthy meal

☐

Practice yoga or gentle stretching

☐

Write a positive affirmation and repeat it throughout the day

☐

Create a relaxing bedtime routine

☐

Journal about your thoughts and feelings

☐

Set aside time for your favorite hobby

☐

Give yourself a compliment

☐

Unplug from technology for an hour

☐

Listen to your favorite music or a calming playlist

☐

Practice mindfulness while doing everyday tasks

☐

Spend time with a pet or visit a local animal shelter

☐

Read a book or watch a movie that inspires you

☐

Explore a new relaxation method, like progressive muscle relaxation

☐

Take a power nap or restorative break

☐

Create a vision board or list of personal goals

☐

Volunteer or perform a random act of kindness

☐

Treat yourself to a small indulgence

☐

Reflect on your accomplishments and growth

☐

Connect with nature by visiting a park, beach, or forest

☐

Write a letter to your future self

☐

Set boundaries to protect your energy and time

☐

Establish a morning routine that energizes you

☐

Practice self-compassion and forgive yourself for past mistakes

☐

Review your progress and celebrate your achievements

21 DAYS TO MAKE A HABIT:

IN THREE TEENY TINY WEEKS, I WILL START: _____

☐ ACCOUNTABILITY: _____

GOOD
HABIT



THIS IS IMPORTANT TO ME BECAUSE: _____

I CAN DO IT BECAUSE: ☐ I AM AWESOME. ☐ I HAVE HELP.
☐ I DESERVE THIS. ☐ NO CHOICE.

**MOTIVATION
CHECK:**

(THE MAKE A GOOD HABIT MOTIVATION SCALE):



WHEN I WANT TO GIVE UP, I WILL: _____

COUNT DOWN THE DAYS TO SUCCESS:

- | | | | | | | |
|-------------------------------------|------------------------------------|-----------------------------------|---------------------------------|--------------------------------|-------------------------------|--------------------------------|
| <input type="checkbox"/> TWENTY-ONE | <input type="checkbox"/> EIGHTEEN | <input type="checkbox"/> FIFTEEN | <input type="checkbox"/> TWELVE | <input type="checkbox"/> NINE | <input type="checkbox"/> SIX | <input type="checkbox"/> THREE |
| <input type="checkbox"/> TWENTY | <input type="checkbox"/> SEVENTEEN | <input type="checkbox"/> FOURTEEN | <input type="checkbox"/> ELEVEN | <input type="checkbox"/> EIGHT | <input type="checkbox"/> FIVE | <input type="checkbox"/> TWO |
| <input type="checkbox"/> NINETEEN | <input type="checkbox"/> SIXTEEN | <input type="checkbox"/> THIRTEEN | <input type="checkbox"/> TEN | <input type="checkbox"/> SEVEN | <input type="checkbox"/> FOUR | <input type="checkbox"/> ONE |

MY REWARD: _____

SELF CARE

Physical

One thing I most want to improve

Plan for improving this area of my self-care

Psychological / Emotional

One thing I most want to improve

Plan for improving this area of my self-care

Personal / Social

One thing I most want to improve

Plan for improving this area of my self-care

Spiritual

One thing I most want to improve

Plan for improving this area of my self-care

Professional

One thing I most want to improve

Plan for improving this area of my self-care

5 THINGS YOU CAN

SEE

1

2

3

4

5

4 THINGS YOU CAN

HEAR

1

2

3

4

3 THINGS YOU CAN

FEEL

1

2

3

2 THINGS YOU CAN

SMELL

1

2

1 THING YOU CAN

TASTE

1

Difficult Conversation Plan

Name: _____

- 1 Why do you want/need to have this conversation? What do you hope will happen?

- 2 How will I start the conversation?

- 3 How will I share my story/feelings?

- 4 What questions can I ask them to get their perspective?

- 5 What are some simple solutions that I can suggest?

ACTIVELY ENGAGING IN SELF-COMPASSION

Think of a situation that you are struggling with or being hard on yourself about. Write a few sentences about the situation:

What is one thing you can do to comfort yourself emotionally?

What is one thing you can do to make yourself physically comfortable?

Write down one thing you can do to protect yourself from harm either from others or from your own self:

Think of something that you need. What can you do to give this to yourself?

What can you say to yourself to motivate yourself with kindness and encouragement instead of through criticism and negative self-talk?

DIGITAL DETOX CHECKLIST

WEEK 1 - choose 4

- ☐ unfriend/unfollow people
- ☐ remove unwanted apps
- ☐ unsub. from newsletters
- ☐ delete phone numbers
- ☐ delete photos
- ☐ leave Facebook groups
- ☐ block exes, ex-friends, etc.
- ☐ make list of things you enjoy

WEEK 2 - choose 5

- ☐ enjoy a tv/phone free meal
- ☐ turn off phone for 1 hour
- ☐ notifications off on days off
- ☐ have fun & don't share it
- ☐ cellphone-free hour
- ☐ sit in public w/o phone
- ☐ choose a space for phone
- ☐ physical reading not digital

WEEK 3 - choose 4

- ☐ phone-free until after lunch
- ☐ notifications off all day
- ☐ social media-free day
- ☐ 5-minute scroll limit
- ☐ have fun & don't share it
- ☐ leave phone at home
- ☐ charge phone away from bed
- ☐ no TV all day

WEEK 4 - choose 5

- ☐ 3 tasks before phone-time
- ☐ subscribe to new lists
- ☐ join positive FB groups
- ☐ phone-free room in house
- ☐ follow inspiring accounts
- ☐ watch educational tv
- ☐ do something fun online
- ☐ create happy playlist
- ☐ happy/funny album on phone

NOTE

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CONTACT US

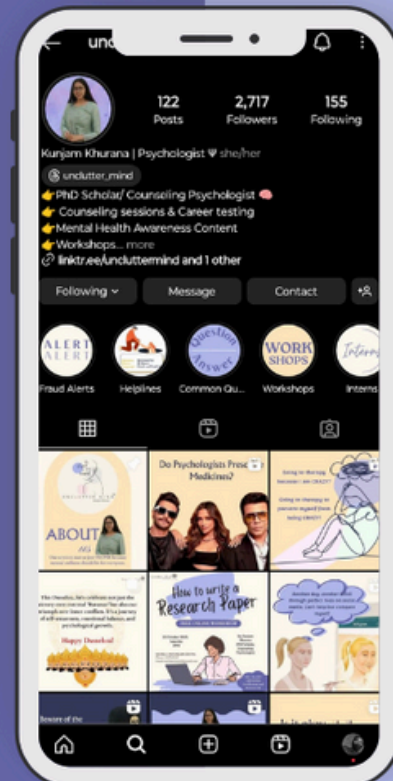
To book your session at
unclutter mind



uncluttermind@gmail.com



+91 81078 45322



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