




MY
SELF-CARE
PLANNER



TOP TEN LIFE

CATEGORY	PRIORITIES
CAREER AND BUSINESS	
FINANCES	
BODY	
PERSONAL GROWTH	
SOCIAL	
FAMILY	
ROMANCE	
HOME ENVIRONMENT	
FUN AND PLAY	
REST AND RELAXATION	





SELF CARE PLAN



NOTES

GOALS FOR MY MIND AND SOUL

GOALS FOR MY BODY

GOOD RULES AND HABITS I WANT TO LIVE BY





SOUL STUFF

THINGS I CAN DO WHEN I AM SAD

THIS YEAR I AM LOOKING FORWARD TO

DELUXE PAMPERING CHECKLIST

THINGS I CAN DO WHEN I AM BORED

MY FAVORITE MOVIES

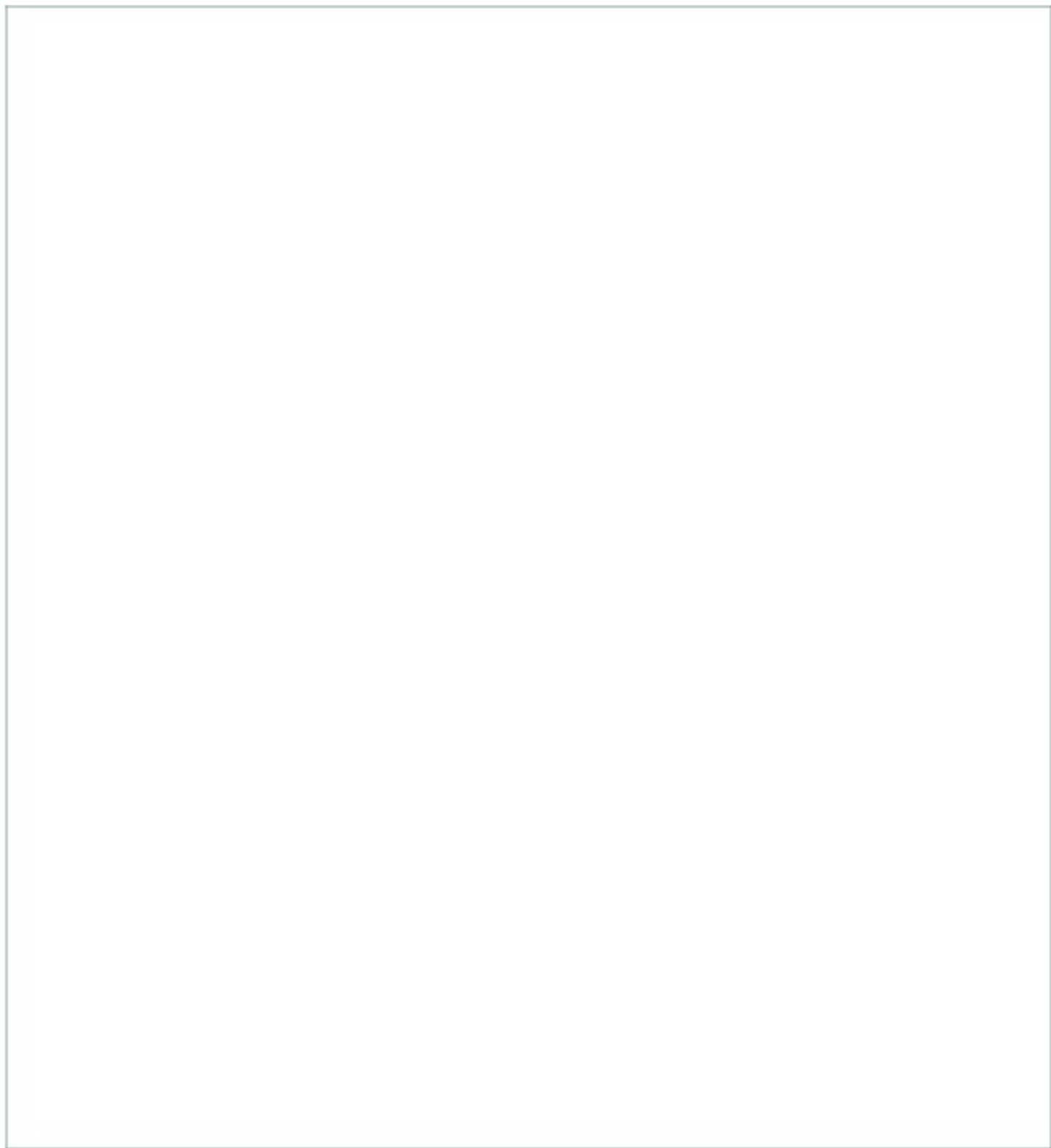
MY FAVORITE TV SHOWS

MY FAVORITE BOOKS





MOOD BOARD



JUST DO IT AND MAKE IT GREAT! BUT FIRST, COFFEE!

DATE:

TODAY'S GOALS:

- 1) _____
- 2) _____
- 3) _____

TOP THREE:

- 1) _____
- 2) _____
- 3) _____

TASKS:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SCHEDULE:

MORNING	
AFTERNOON	
EVENING	

MEAL PLANNER:

B)	_____
L)	_____
D)	_____



SLEEP TRACKER



WEEK	PM							AM							NOTES
MON															
TUE															
WED															
THU															
FRI															
SAT															
SUN															
MON															
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POSITIVE THINKING

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT



NEGATIVE THOUGHT

POSITIVE THOUGHT

JUST DO IT AND MAKE IT GREAT! BUT FIRST, COFFEE!

DATE:

TODAY'S GOALS:

- 1) _____
- 2) _____
- 3) _____

TOP THREE:

- 1) _____
- 2) _____
- 3) _____

TASKS:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SCHEDULE:

MORNING	
AFTERNOON	
EVENING	

MEAL PLANNER:

B)	_____
L)	_____
D)	_____



Own the Week

DATE:

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	WEEKEND

THIS WEEK'S GOALS:

- 1) _____
- 2) _____
- 3) _____

TOP THREE:

- 1) _____
- 2) _____
- 3) _____

NOTES:

Habits Tracker

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Notes

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MONTH OF:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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●	●	●	●	●	●	●
●	●	●	●	●	●	●

QUOTE OF THE MONTH

NOTES

Daily Planner

MAKE IT RIDICULOUSLY AMAZING

TO DO	DARE:
♥	TOP PRIOTITIES
♥	♥
♥	♥
♥	♥
♥	MEAL
♥	♥
♥	♥
♥	♥
♥	WATER INTAKE
♥	
♥	
♥	TODAY WAS GREAT BECAUSE
♥	
♥	
♥	

