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

WATER INTAKE

..... / ..... / .....



WORKOUT TRACKER

..... / ..... / ..... - ..... / ..... / .....

	EXERCISE	TIME/REPS
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

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

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.