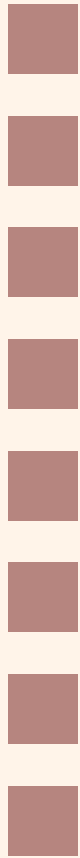




DAILY PLANNER

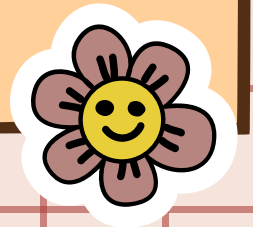


My Priorities List

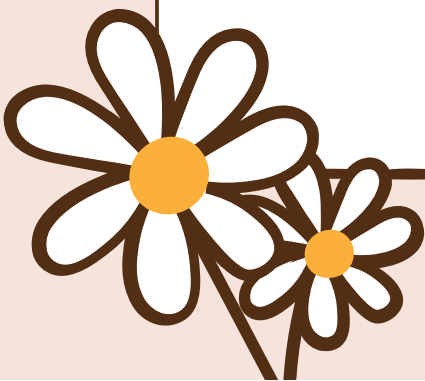


**SELF-CARE
PLANNER**

My Reminder



My Goals



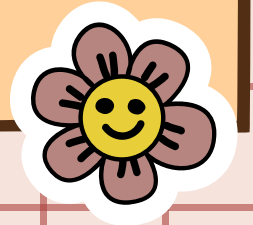


My Priorities List

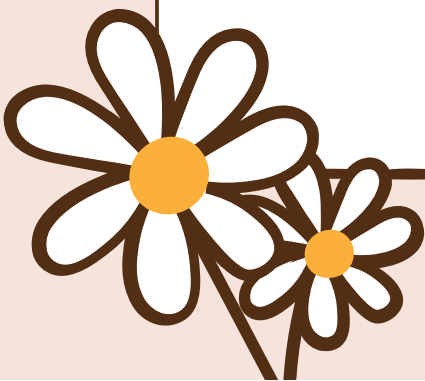
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SELF-CARE PLANNER

My Reminder



My Goals



Daily Reflection



Reminder

List of Affirmations





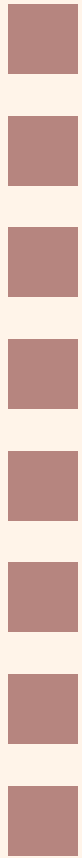


What is your biggest goal?

How can you achieve them?

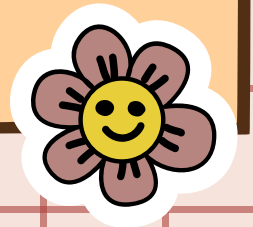


My Priorities List

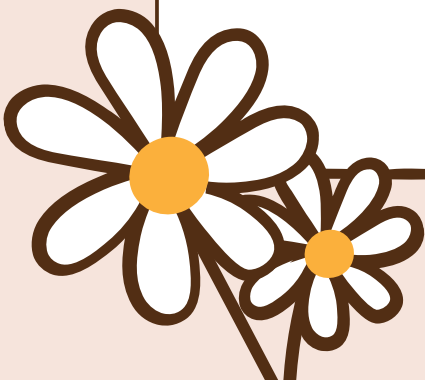


**SELF-CARE
PLANNER**

My Reminder



My Goals



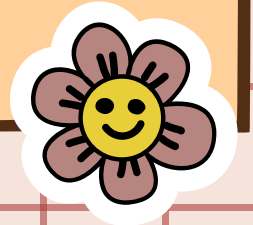


My Priorities List

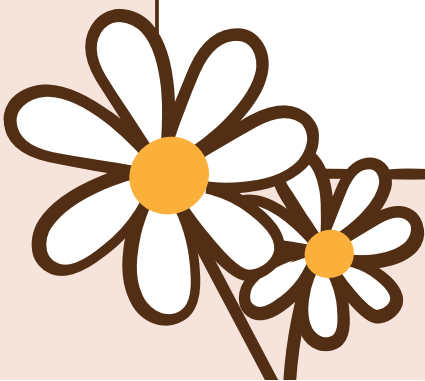
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SELF-CARE PLANNER

My Reminder



My Goals



iReflect

MY SELF LOVE JOURNAL

Date : _____

To Do List

☐

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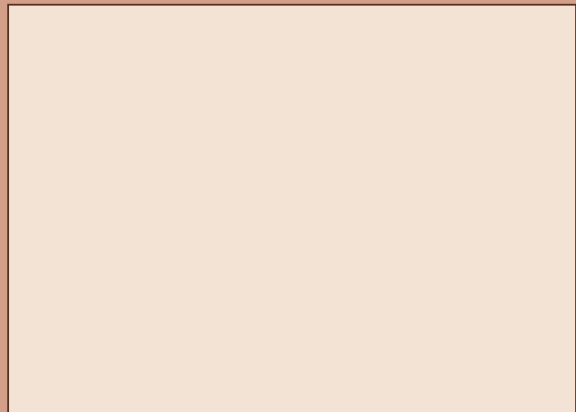
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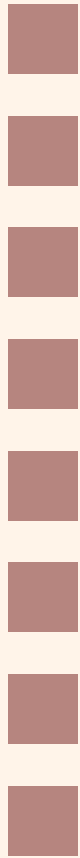
My Priorities

Note

Personal Reminder

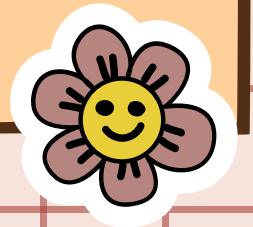


My Priorities List

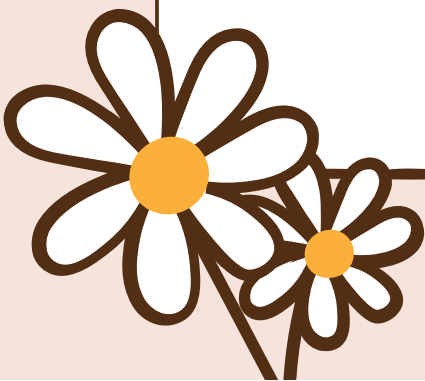


**SELF-CARE
PLANNER**

My Reminder



My Goals



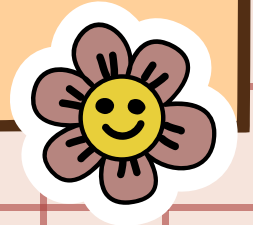


My Priorities List

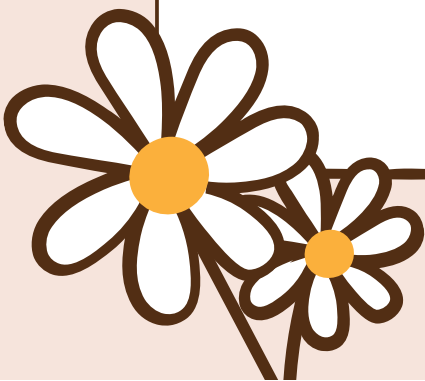
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SELF-CARE PLANNER

My Reminder



My Goals



MY DAILY REFLECTION

Get to Know Myself

Date : _____

*What did I
accomplish today?*

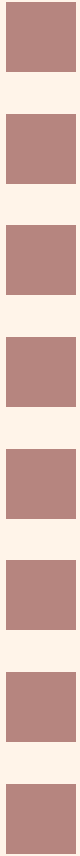
*What was I
grateful for?*

*What am I looking
forward to?*

Reminder

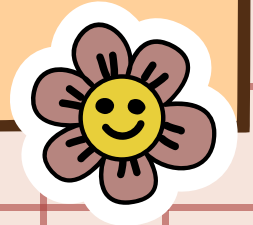
List of Affirmations

My Priorities List

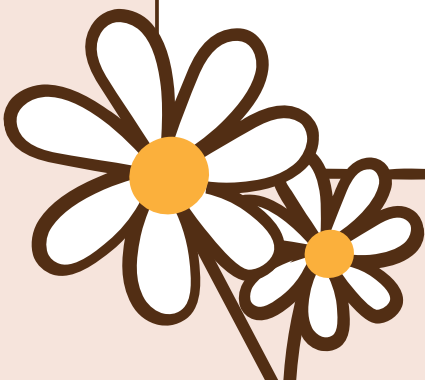


**SELF-CARE
PLANNER**

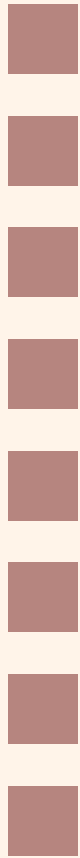
My Reminder



My Goals

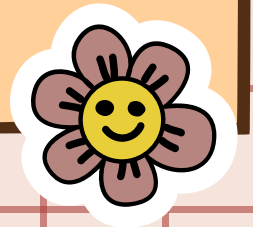


My Priorities List

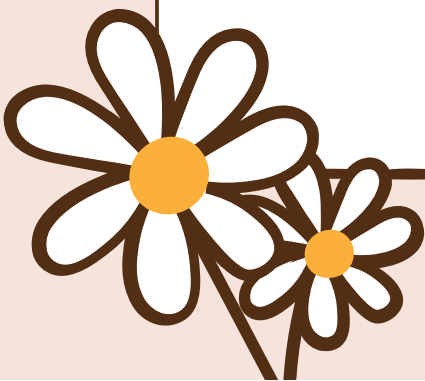


**SELF-CARE
PLANNER**

My Reminder



My Goals



MY DAILY MOOD TRACKER

Date : _____

Quote

What I did:

How I felt:

Relax



Hydrate



Socialize



Meditate



Stretch



Note

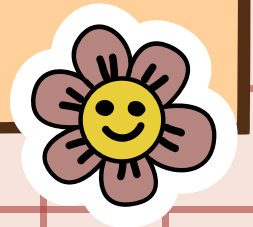


My Priorities List

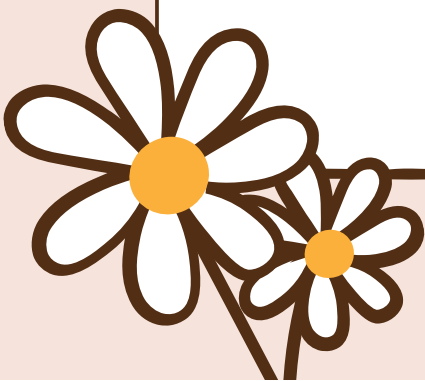
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SELF-CARE PLANNER

My Reminder



My Goals



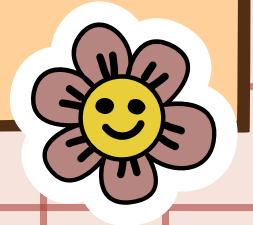


My Priorities List

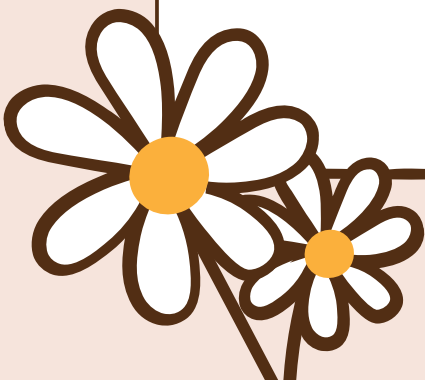
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SELF-CARE PLANNER

My Reminder


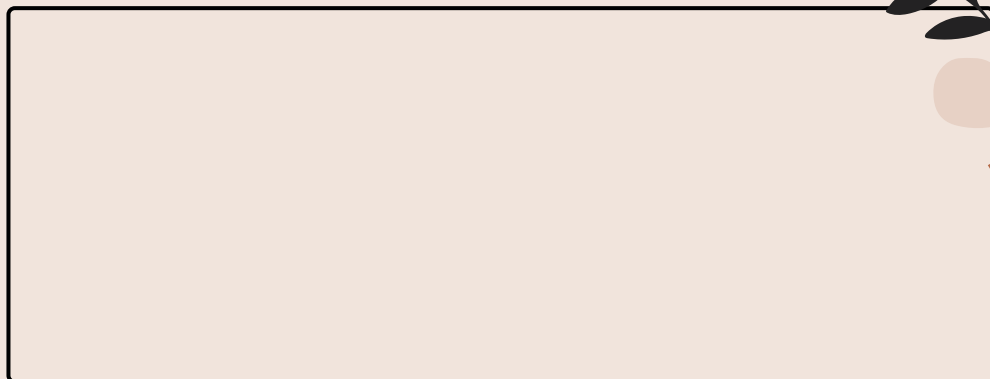


My Goals



Personal Reflection

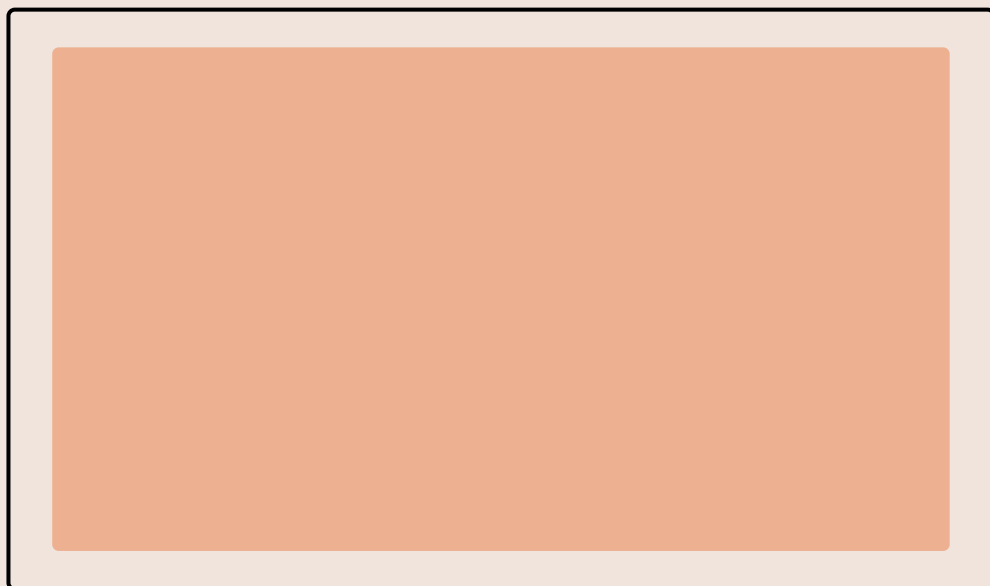
Things I Regretted Not Doing



Bad Habits I Have to Stop



How I Can Make Myself Better



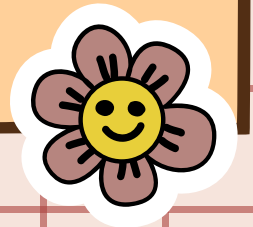


My Priorities List

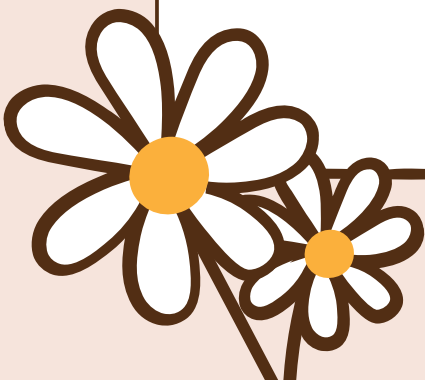
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SELF-CARE PLANNER

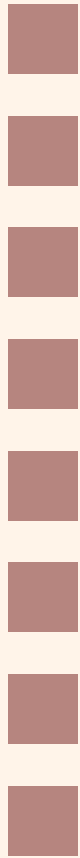
My Reminder



My Goals

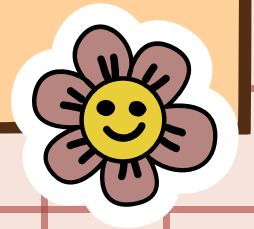


My Priorities List

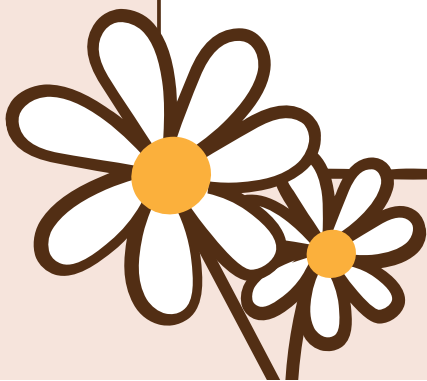


**SELF-CARE
PLANNER**

My Reminder



My Goals



iReflect

MY DAILY GRATITUDE

Date : _____

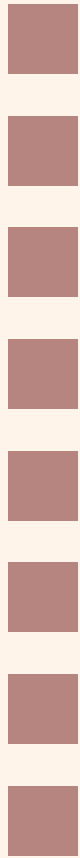
Today's Affirmation

I am thankful for...

Best Part of My Day

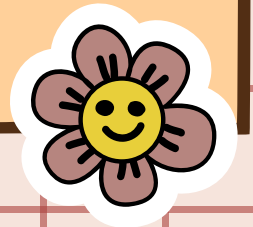
Quote

My Priorities List

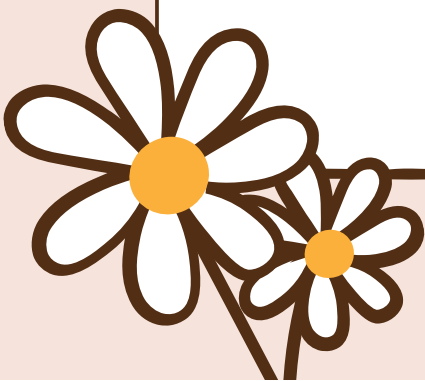


**SELF-CARE
PLANNER**

My Reminder



My Goals



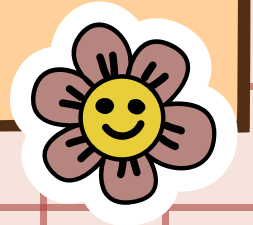


My Priorities List

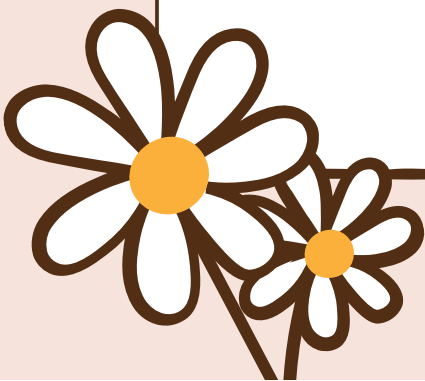
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SELF-CARE PLANNER

My Reminder



My Goals

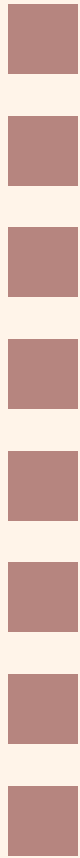


DAILY OF *reflections*

What Make You Feel
Good

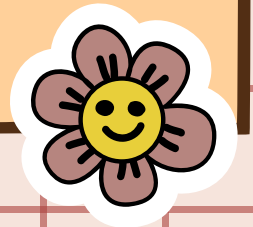
Thing Make
Appreciate

My Priorities List

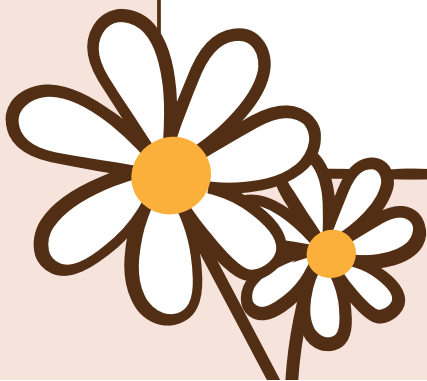


**SELF-CARE
PLANNER**

My Reminder



My Goals



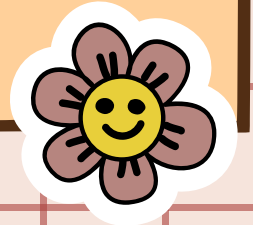


My Priorities List

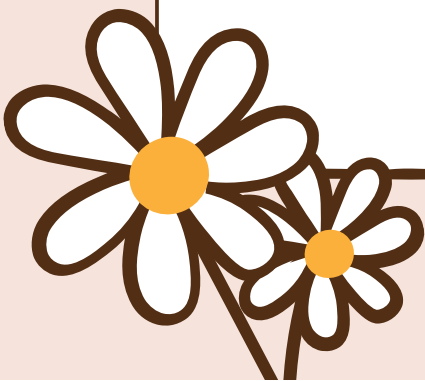
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SELF-CARE PLANNER

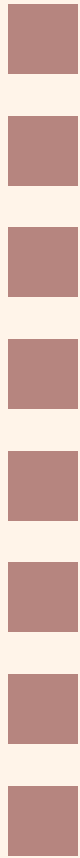
My Reminder



My Goals

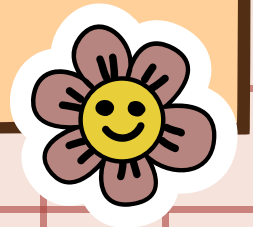


My Priorities List

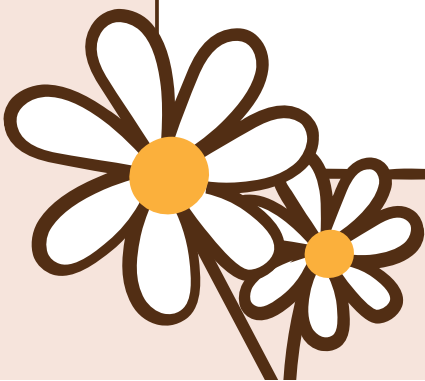


**SELF-CARE
PLANNER**

My Reminder



My Goals



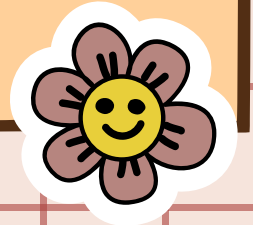


My Priorities List

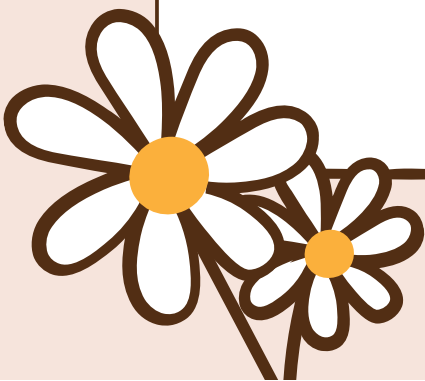
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SELF-CARE PLANNER

My Reminder



My Goals



SELF CARE

Reflection

Things I do to process my feelings



Things that make
me feel confident

Things that keep me busy

A large, empty rectangular box with rounded corners, intended for writing. It is a light beige color and occupies the right side of the lower section of the worksheet.

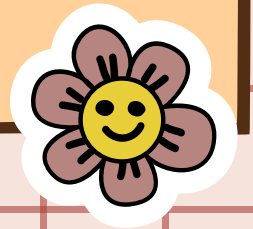


My Priorities List

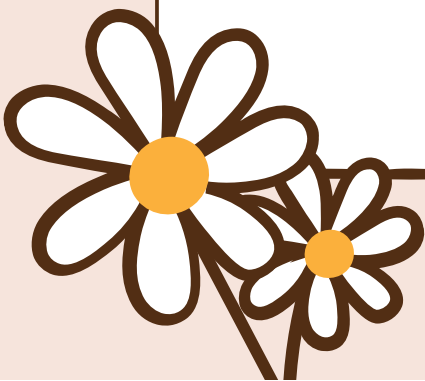
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SELF-CARE PLANNER

My Reminder



My Goals



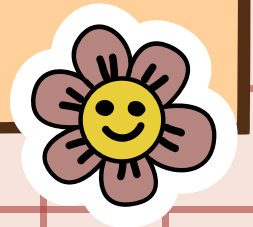


My Priorities List

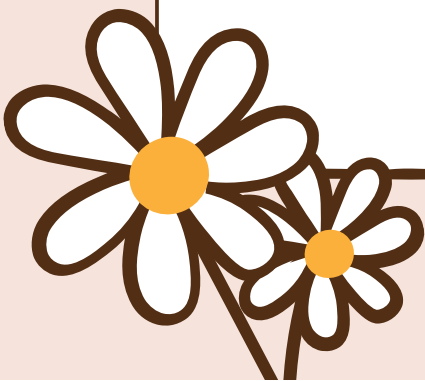
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SELF-CARE PLANNER

My Reminder



My Goals



Self-reflection Questions

What are my goals in life?

What are my strengths?

What do I love about myself?

Who matters the most to me?

What am I ashamed of?

What do I like to do for fun?

What am I worried about?

Where do I feel safest?

Who gives me comfort?

What is my happiest memory?

What keeps me grounded?

What am I grateful for?

What are my values?

When am I at my best?

What brings me joy?

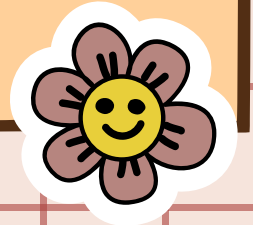


My Priorities List

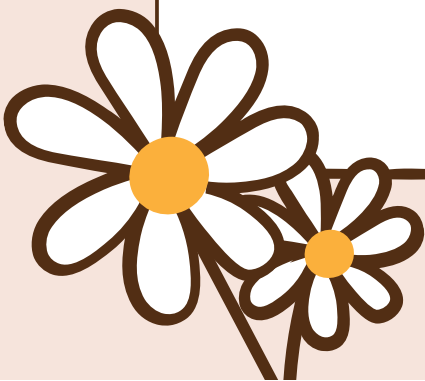
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SELF-CARE PLANNER

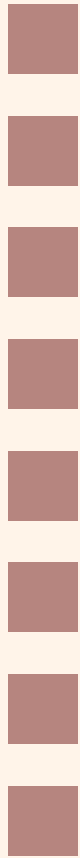
My Reminder



My Goals

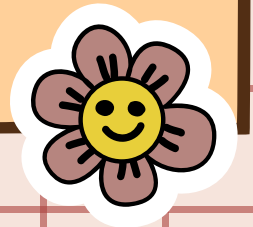


My Priorities List

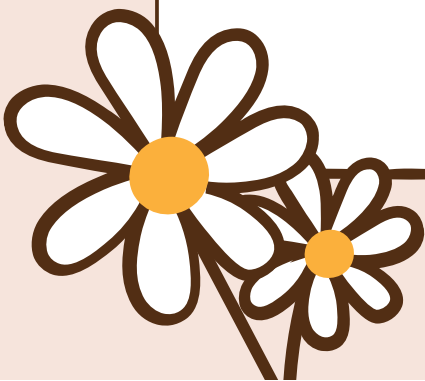


**SELF-CARE
PLANNER**

My Reminder



My Goals



Self-care Intention

Physical Self-care

Emotional Self-care

Spiritual Self-care

Intellectual Self-care

Social Self-care

Environmental Self-care

Subject Notes

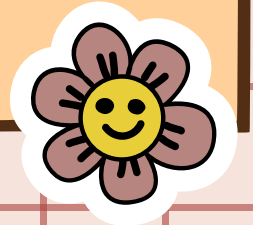


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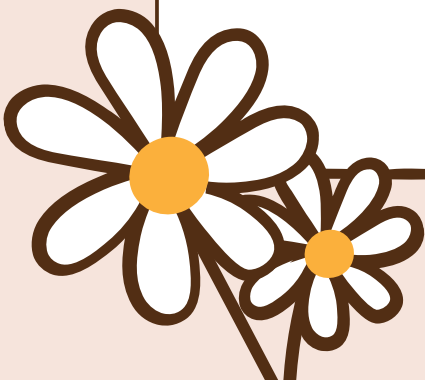
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SELF-CARE PLANNER

My Reminder



My Goals



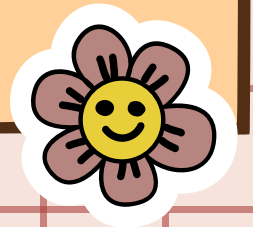


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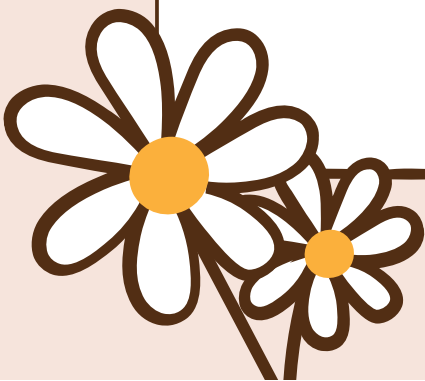
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SELF-CARE PLANNER

My Reminder



My Goals



Self-care Tracker

For September 2021

Morning Tasks	S	M	T	W	T	F	S
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Night Tasks	S	M	T	W	T	F	S
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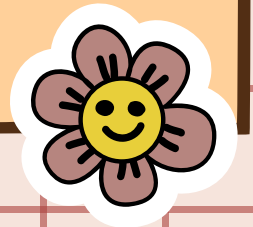


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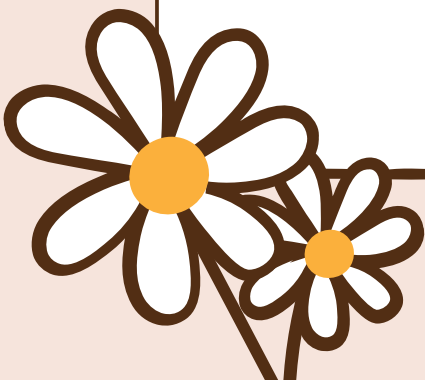
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SELF-CARE PLANNER

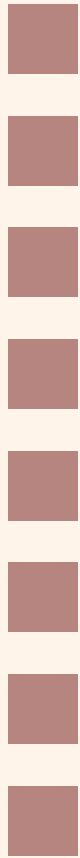
My Reminder



My Goals

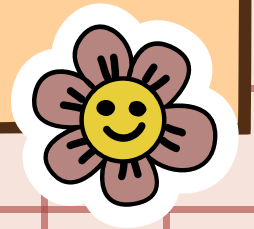


My Priorities List

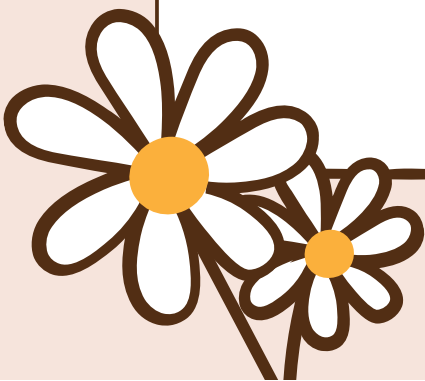


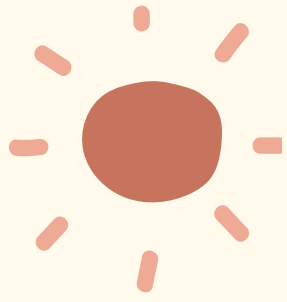
**SELF-CARE
PLANNER**

My Reminder



My Goals





Self Reflection

Sun

Mon

Tue

Wed

Thu

Fri

Sat

“

always
take a
risk to
break
bricks



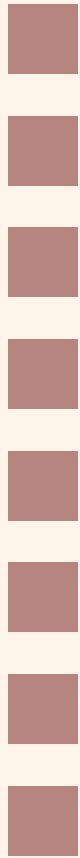
What keeps me grounded?

Who gives me comfort?

Where do I feel safest?

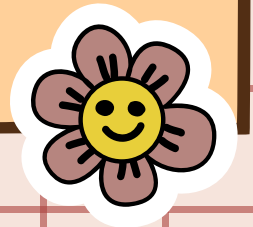
When am I at my best?

My Priorities List

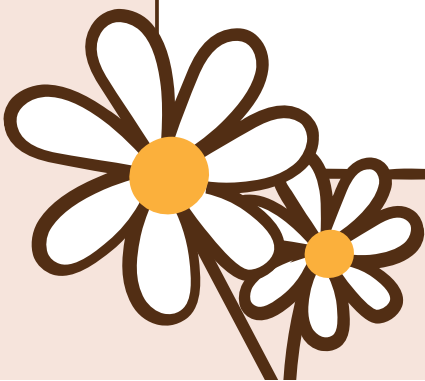


**SELF-CARE
PLANNER**

My Reminder



My Goals



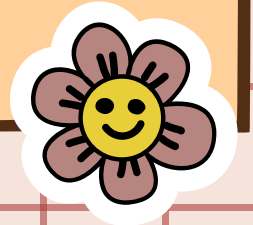


My Priorities List

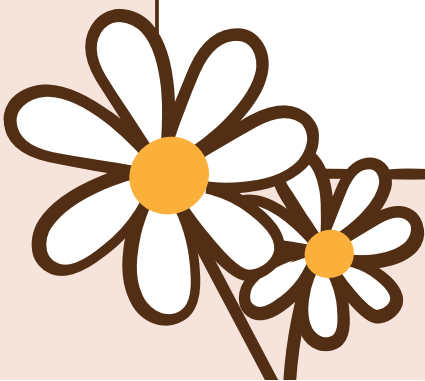
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SELF-CARE PLANNER

My Reminder



My Goals





Self Care Goals

Sun

Mon

Tue

Wed

Thu

Fri

Sat

What does self care mean to me?

What is the purpose behind my self care goals?

What motivates me to achieve them?

How can I achieve them?

Habits to Start

Habits to Stop

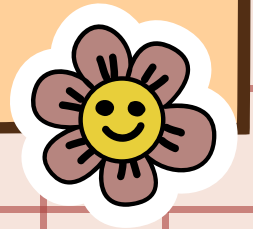


My Priorities List

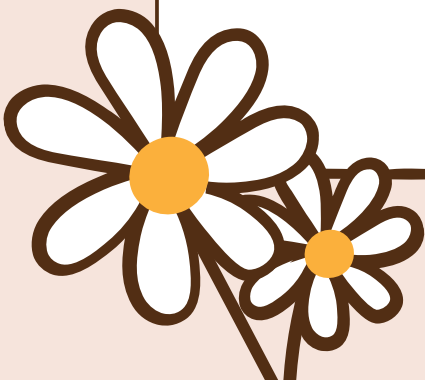
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SELF-CARE PLANNER

My Reminder



My Goals



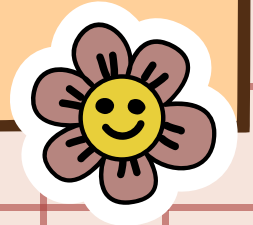


My Priorities List

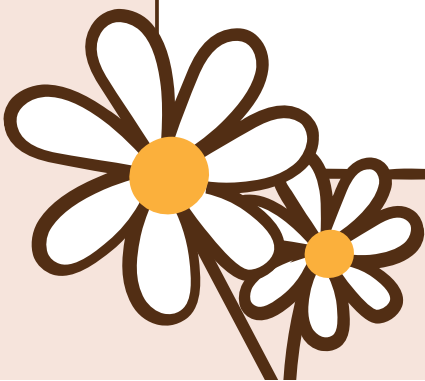
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SELF-CARE PLANNER

My Reminder



My Goals



30-Day Self Care Challenge

Month:

Year:

Write a letter	Go for a walk	Practice yoga	Light a candle	Take a nap
Go to bed earlier	Write a bucket list	Eat healthy food	Watch a movie	Play with a pet
Pamper yourself	Go on a solo date	Practice gratitude	Try a DIY project	Ask for a hug
Explore a new city	Spend time in nature	Write a journal	Read a book	Watch the sunrise
Sit in the sun	Start a new hobby	Spa day at home	Grow a plant	Watch the sunset
Eat mindfully	Learn a new skill	Set small goals	Drink plenty of water	Paint your nails



make everyday count

play think learn

iReflect

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