

Self-Care Planner



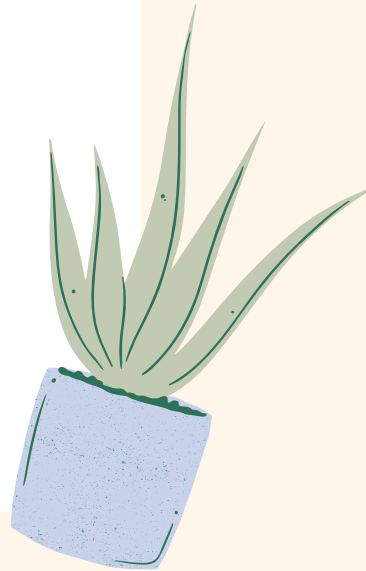
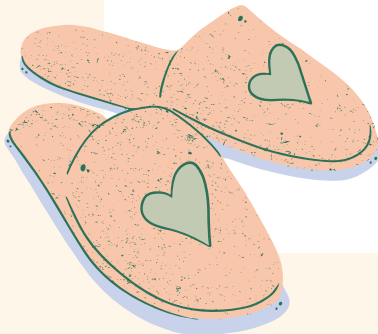
DAILY, WEEKLY, AND MONTHLY TRACKERS

SELF-CARE GOALS

Physical

Mental

Emotional



Kind Things to Remind Myself When Things Get Tough





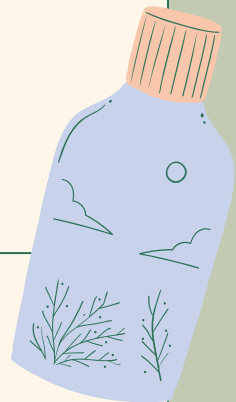
Inspiration Board

Daily Gratitude - Morning

**3 THINGS
I'M THANKFUL FOR:**

**3 THINGS THAT WILL MAKE
TODAY AMAZING:**

**3 THINGS I LOOK
FORWARD TO:**

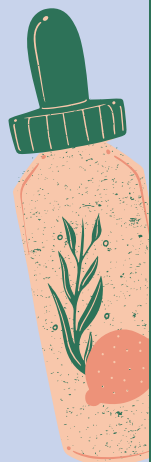


Date:

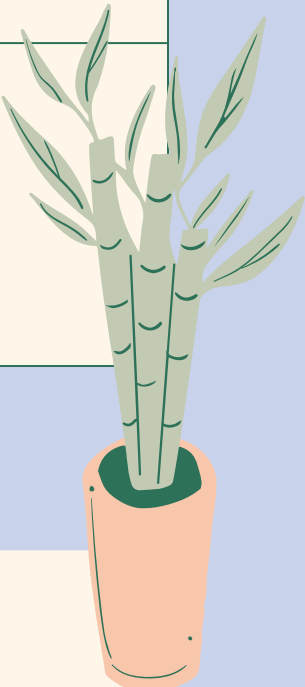
Daily Affirmation: *I am loved. I am capable. I am enough.*



Daily Gratitude - Evening



3 AMAZING THINGS THAT HAPPENED TODAY:	
3 PEOPLE I'M GRATEFUL FOR:	
3 THINGS I LOOK FORWARD TOMORROW:	



Date:

What could make today even better?

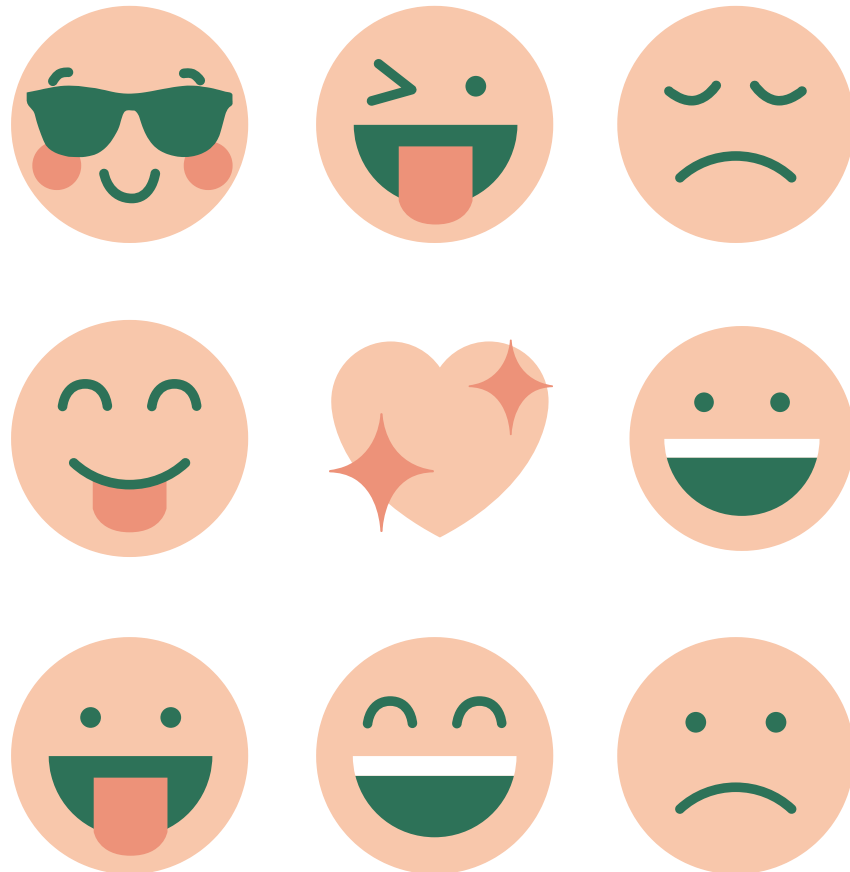
DAILY SELF-CARE CHECK-IN



Date:

Time:

How I feel at the moment



Stress level



Happiness level level



Sadness level



Hunger level



GIF that describes me
at the moment



DAILY SELF-CARE CHECKLIST

Date:

 *Took a bath*

 *Brushed my hair*

 *Wore comfortable clothes*

 *Made myself a good meal*

 *Did some stretches*





WEEKLY SELF-CARE TRACKER



Date:

Date	Day	Sleep well	Meditate	Exercise	Journal	Eat Well
	Sunday					
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					

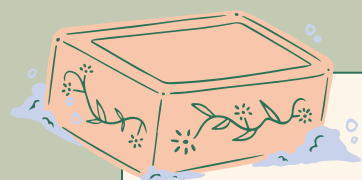
MONTHLY SELF-CARE TRACKER

Month:

Goal: Express gratitude daily

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							

Self-Care Ideas to Cure a Bad Day



Physical

Mental

Emotional

