



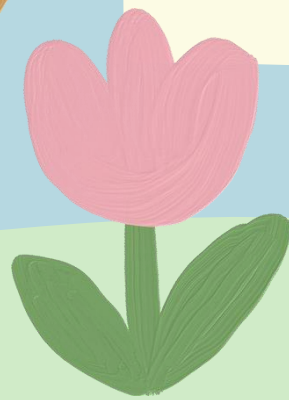
# SELF-CARE PLANNER



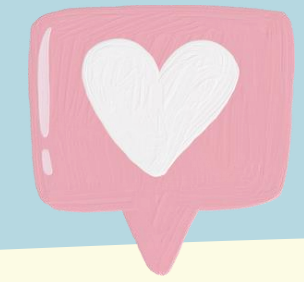
# SELF-CARE GOALS



PHYSICAL



MENTAL

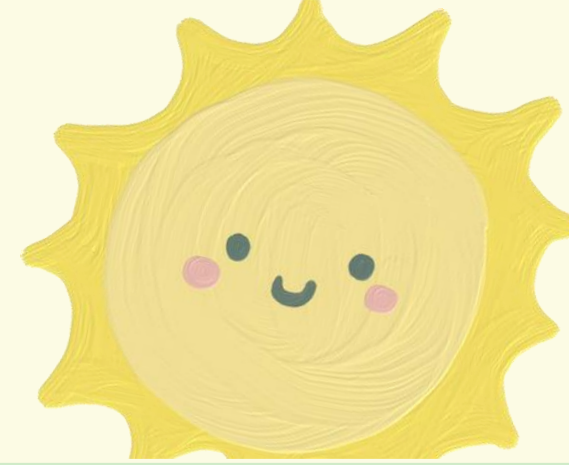


EMOTIONAL

KIND THINGS TO  
REMINDE MYSELF  
WHEN THINGS  
GET TOUGH



# DAILY GRATITUDE - MORNING



DATE:

3 THINGS I'M THANKFUL FOR:

3 THINGS THAT WILL MAKE TODAY  
AMAZING:

3 THINGS I LOOK FORWARD TO:



Daily Affirmation:

**I AM LOVED. I AM CAPABLE. I AM ENOUGH.**

# DAILY GRATITUDE – EVENING



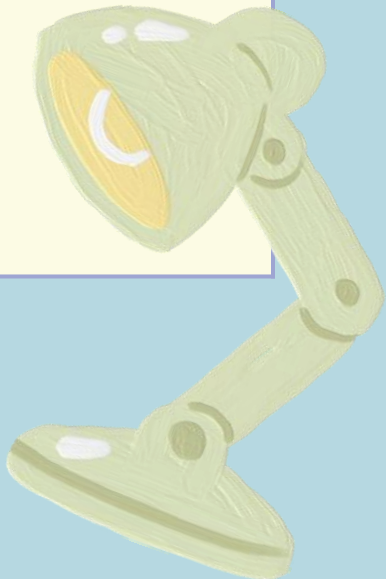
DATE:

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



What could make  
today even better?

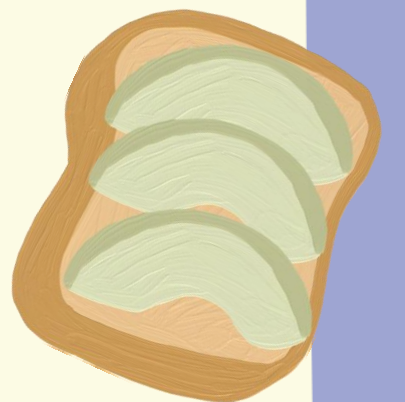
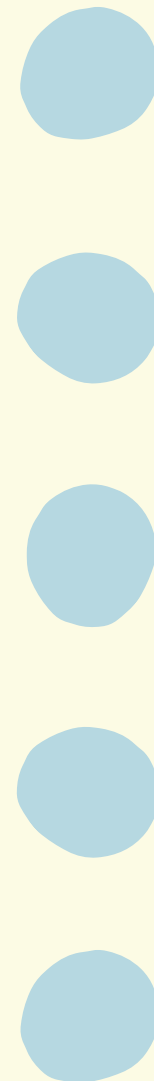
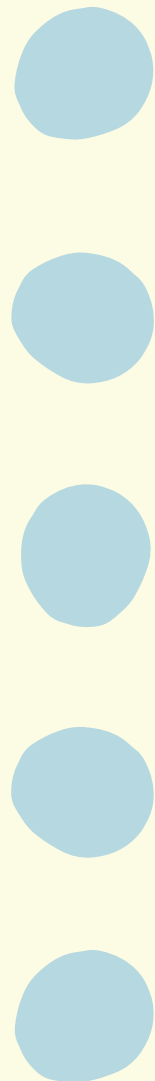
CONTINUE LIVING IN THE MOMENT.





# DAILY SELF-CARE CHECKLIST

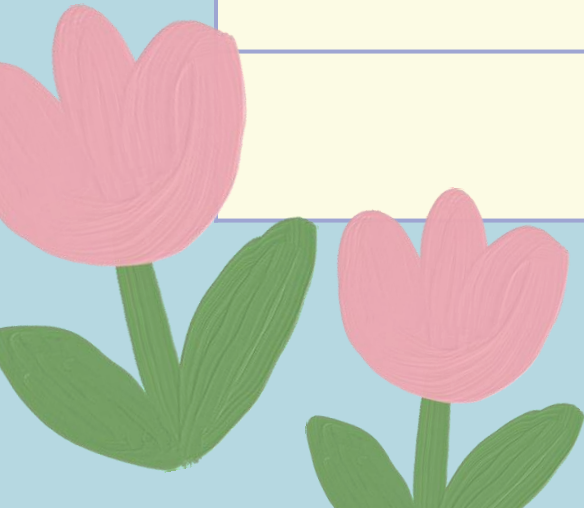
DATE:



# WEEKLY SELF-CARE TRACKER

WEEK:

DATE	DAY	SLEEP WELL	MEDITATE	EXERCISE	JOURNAL	EAT WELL



# SELF-CARE IDEAS TO CURE A BAD DAY



PHYSICAL	MENTAL	EMOTIONAL

