

# SELF- CARE PLANNER




# productivity planner

I AM GRATEFUL FOR: \_\_\_\_\_

what my body needs today	what my soul needs today	emotion tracker	
		morning	evening

morning focus	afternoon focus	evening focus
☆	☆	☆

cluttered mind	creative mind	organised mind
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coming up tomorrow:

something I love about myself:

"I am thriving"

# daily productivity

## Top Priorities

1

2

3

4

## Appointments

1

2

3

4

## Today's To-Do

## Tomorrow To-Do

## Notes

## Doodle

"I am deeply present in each moment."

# daily reflection

MORNING

today's intention:

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I am looking forward to...

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today I am grateful for:

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my day is going to be...

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TOP GOALS FOR TODAY:

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EVENING

best things that happened today:

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how could I have made today better?

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things I can improve tomorrow:

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biggest lesson learnt:

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MY BIGGEST WINS TODAY:

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"I strive for joy, not perfection"



# week at-a-glance

intention:

monday	tuesday	wednesday	thursday	friday
am				
pm				

to do list:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

notes

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"I radiate love & kindness"

# weekly planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

"I open my heart to love"

# weekly reflections & intentions

HOW I FELT THIS WEEK :

1 2 3 4 5 6 7 8 9 10

why? \_\_\_\_\_

## START OF THE WEEK

I am looking forward to...

weekly affirmations:

I am grateful for:

## END OF THE WEEK

best things that happened this week:

how could I have made this week even better?

"I welcome miracles"

# end of week reflection

have I been holding onto something that I need to let go of?

YES



NO

how can I do that?

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4 wins for the week

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

my week in one word:

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"I am safe in this universe"

# morning routine

mon tue wed thu fri sat sun

silence

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affirmations

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visualizations

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exercise

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reading

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journal

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my why

notes

"I treat myself with respect"



# accomplishments / wins

1.

2.

3.

## SELF-CARE:



did I sleep well?



did I get exercise?



did I get fresh air?



did I meditate?



did I eat nourishing  
foods?

## DAILY GRATITUDE

1.

2.

3.

4.

5.

SOMETHING THAT  
MADE ME HAPPY  
TODAY:

"I got this"

# my

# affirmations



**Affirmations are phrases that you repeat to yourself to change your subconscious thoughts. Over time, they replace any negative beliefs or thoughts with positive thoughts.**

1

2

3

4

5

6

7

8

9

10

"I am abundant"



# gratitude tracker

people	

places	

things	

experiences	

what did I learn about myself this week?

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what did I find challenging?

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"I notice the beauty in the world"

# I AM grateful

One detail from each category I am GRATEFUL for:

my body

my mind

friends

family

home

things

planet earth

weather

my past

my present

my future

my goals

"I am worthy of my dreams"

# goal planner

Goal:

how will my life change if I achieve this goal?

BIG STEPS

LITTLE STEPS I CAN DO

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
  
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
  
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

"I have the power to create the life I desire"

# monthly goals list

At the start of each month, come up with a few small, achievable goals you want to be able to accomplish. From drinking 2L of water a day, to meditating 3 times a week to reading one self-growth book a month, no goal is too small to have.

january	

february	

march	

april	

may	

june	

july	

august	

september	

october	

november	

december	

"I appreciate my life"

# goal timeline

Take Action	Goals	When
		3 months
		6 months
		1 year
		2 year
		3 year
		5 year

"I go with the flow"

# achieve your goals

Choose a yearly goal and break it down into measurable ways to achieve your goal.

goal:

Write down 10 measurable ways to achieve your goal.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Pick 3 strategies to focus on. These will be your major milestones.

- 1.
- 2.
- 3.

"I don't doubt my abilities"

# your vision board

Now envision your next year. For each of the boxes below think about your goals and how you envision each of the aspects listed.

Think about the WHY behind each of the goals and make sure they're driven by genuine intentions. Notice if there are words or mantras that jump out at you for this next year.

business

fitness

relationships

financial

experiences

mindset

"I radiate confidence"

# wish list

## places to visit

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## movies to watch

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## experiences

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## books to read

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## podcasts to listen to

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## projects

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## THOUGHTS AND FEELS MAPPED OUT

A large grid of small dots for mapping out thoughts and feelings.

"I trust that I am on the right path"



# bucket list worthy

List the adventures you want to embark on and experiences you want to add to your life's memory reel.  
You only get one!

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How will I make my dreams come true?

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"I listen to my intuition"

# happy mind happy life

my intentions for the week:

health	

career	

relationships	

what have I always wanted to begin but never have?

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what is stopping me?

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how can I make it work?

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"I am guided"

# self-talk support

- 1 Record your limiting beliefs & thoughts under inner critic
- 2 Channel your inner coach by reframing each limiting statement
- 3 Think about the words you would say to a loved one to instill courage
- 4 Revisit your inner coach responses whenever you need support

Example: I can't do this >>> I give myself permission to try

Inner Critic

Inner Coach

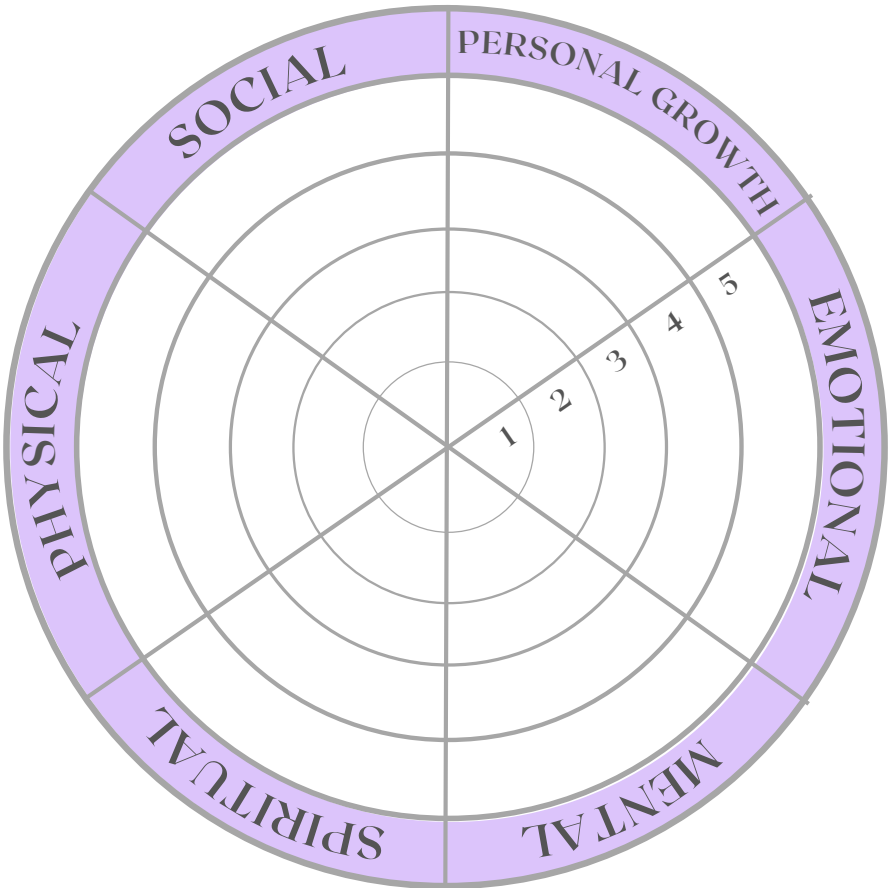
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_____		_____
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"I grow through my mistakes"

# self-care wheel

Self-care is most effective when we are balanced in different areas of our lives (and also aware of where needs some more TLC). Color in where you feel you are in each section of the wheel. 1 being you never engage in self care, 5 being you engage in self care in this section all the time.

1 - never    2 - rarely    3 - sometimes    4 - most of the time    5 - always

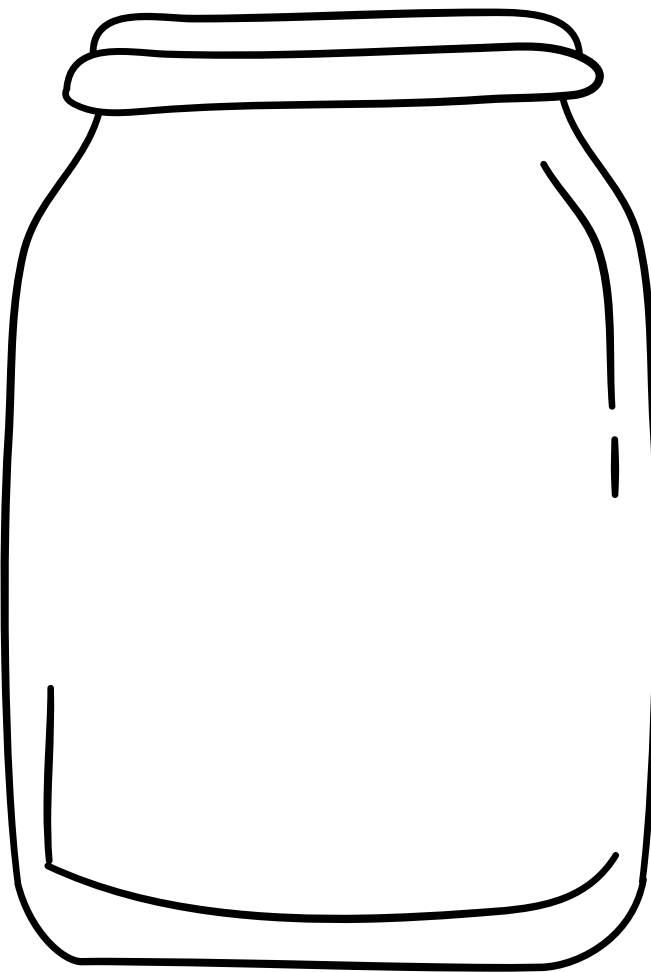


"I am so grateful"

# a jar of

# loving myself

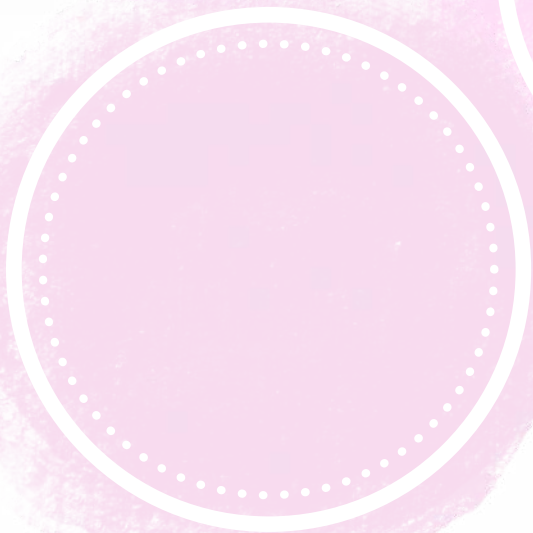
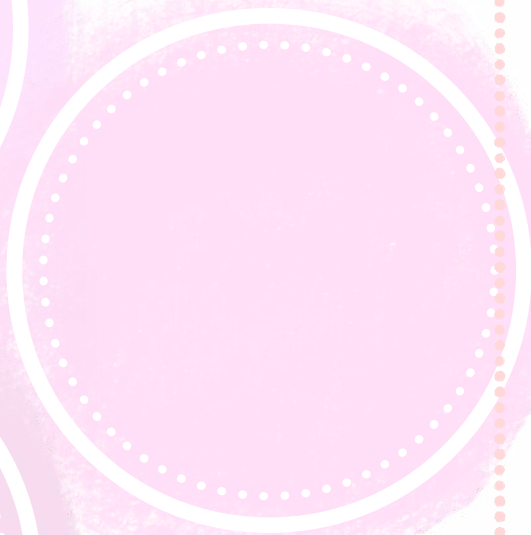
Write in the jar all the things you love about yourself



"I am full of joy"

# self-love weekly intentions

Write down your weekly self-love affirmations



"I treat each day as a blessing"

# my best self

Today, I get to...

did I get enough  
rest?

mon tue wed thu fri sat sun

did I drink enough  
water?

did I move my  
body?

did I go outside?


did I speak to a  
friend?

did I prioritize  
myself?

daily self check-in notes...

"I am proud of myself"

# self care ideas

hydrate yourself 

get a massage

put on a face mask

wash your face

unplug from social media

read

journal

meditate

eat a healthy meal

try yoga

move your body & exercise

color in, draw or paint

take a nap

go to bed early or sleep in late

take your vitamins

have a long shower

look at the stars

write a gratitude list

go for a walk in nature

watch the clouds

declutter

go for a drive-  
no destination needed

practice breathing techniques

"I treat my body with love"



# anxiety management

**TRIGGERS:** what things make me feel anxious?

**PHYSICAL REACTION:** what happens to my body when I get anxious?

**COGNITIVE REACTION:** what thoughts do I have when I get anxious?

**EMOTIONAL REACTION:** how else do I feel when I am anxious?

triggers	physical	cognitive	emotional

triggers	physical	cognitive	emotional

"I let go of what doesn't serve me"

# anxiety management

triggers

physical

cognitive

emotional

triggers

physical

cognitive

emotional

triggers

physical

cognitive

emotional

"I am open to advice & support"

# doodling board



"My possibilities are endless"

# financial overview

## Savings Goal

jan

feb

mar

apr

may

jun

jul

aug

sep

oct

nov

dec

## Actual Savings

jan

feb

mar

apr

may

jun

jul

aug

sep

oct

nov

dec

## Future Motivations

What can I do to improve my savings?

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How to keep myself on track to achieving my goals?

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"I attract abundance with ease"

# savings tracker

SAVING FOR:  
START DATE:

AMOUNT:  
END DATE:

"I can manifest anything I desire"

# happy habit tracker

HABIT  
TRACKER:

S M T W T F S

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"I am in alignment"

# mood tracker

## Monday

i am feeling:



last nights sleep was

1 2 3 4 5 6 7 8 9 10

## Tuesday

i am feeling:



last nights sleep was

1 2 3 4 5 6 7 8 9 10

## Wednesday

i am feeling:



last nights sleep was

1 2 3 4 5 6 7 8 9 10

## Thursday

i am feeling:



last nights sleep was

1 2 3 4 5 6 7 8 9 10

## Friday

i am feeling:



last nights sleep was

1 2 3 4 5 6 7 8 9 10

## Saturday

i am feeling:



last nights sleep was

1 2 3 4 5 6 7 8 9 10

## Sunday

i am feeling:



last nights sleep was

1 2 3 4 5 6 7 8 9 10

## Overall Week

i am feeling:



weekly sleep was

1 2 3 4 5 6 7 8 9 10

"I speak kindly to myself"







meals that nourish me

"I accept myself unconditionally"

# on the menu **this week**

**Monday**

b \_\_\_\_\_  
l \_\_\_\_\_  
d \_\_\_\_\_  
s \_\_\_\_\_

**Tuesday**

b \_\_\_\_\_  
l \_\_\_\_\_  
d \_\_\_\_\_  
s \_\_\_\_\_

**Wednesday**

b \_\_\_\_\_  
l \_\_\_\_\_  
d \_\_\_\_\_  
s \_\_\_\_\_

**Thursday**

b \_\_\_\_\_  
l \_\_\_\_\_  
d \_\_\_\_\_  
s \_\_\_\_\_

**Friday**

b \_\_\_\_\_  
l \_\_\_\_\_  
d \_\_\_\_\_  
s \_\_\_\_\_

**Saturday**

b \_\_\_\_\_  
l \_\_\_\_\_  
d \_\_\_\_\_  
s \_\_\_\_\_

**Sunday**

b \_\_\_\_\_  
l \_\_\_\_\_  
d \_\_\_\_\_  
s \_\_\_\_\_

**Notes:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

"I nourish my body"

# grocery list

## Fruits and Vegetables

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Dairy and Eggs

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Meat and Fish

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Frozen

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Canned

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Beverages

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Bread/Pasta/Grains

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Baking

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Snacks

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Others

- |                                |                                |
|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

"I honor my body"

# daily fitness

DATE: \_\_\_\_\_

SUPPLEMENTS: \_\_\_\_\_

hydration



todays goals

	food	cals
b		
l		
d		
s		

cardio core arms legs  
back booty stretch rest day

hours slept

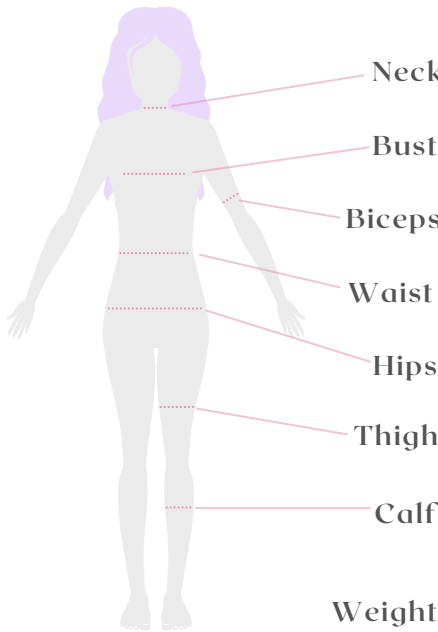
daily steps: distance: calories:

exercise	sets	reps	weight	time	distance

"I manifest perfect health"



# measurements tracker



	BEFORE	AFTER
Neck	<input type="text"/>	<input type="text"/>
Bust	<input type="text"/>	<input type="text"/>
Biceps	<input type="text"/>	<input type="text"/>
Waist	<input type="text"/>	<input type="text"/>
Hips	<input type="text"/>	<input type="text"/>
Thigh	<input type="text"/>	<input type="text"/>
Calf	<input type="text"/>	<input type="text"/>
Weight	<input type="text"/>	<input type="text"/>

## MEASUREMENTS

Date								GOAL
Neck								
Bust								
Biceps								
Waist								
Hips								
Thigh								
Calf								
Weight								
BMI								

"I accept the things I cannot change"

# measurements tracker

BEFORE AFTER

Neck

Bust

Biceps

Waist

Hips

Thigh

Calf

Weight

## MEASUREMENTS

Date							Goal
Neck							
Bust							
Biceps							
Waist							
Hips							
Thigh							
Calf							
Weight							
BMI							

"I put energy into things that matter"



# dream journal



date:

WHAT HAPPENED?

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MY EMOTIONS

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PEOPLE IN THE DREAM

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RECURRING:

YES / NO

SLEEP QUALITY:

SKETCH

MY INTERPRETATION

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"I flow through life's challenges with ease and grace"

# create your vision of balance

Take a moment to think about what is important to you in each of the areas below. Include your dreams for the future, ways you want to feel, people & experiences you hope to attract and anything else that you feel will create your vision of a healthy balanced lifestyle.

Work / School

Mental Health

"Happiness is my birthright"

# create your vision of balance

**Spirituality / Growth**

**Physical Health**

**Fun / Recreation**

**"I am surrounded by love"**

# create your vision of balance

Friends & Family

Finances

Romance

"I am constantly evolving"

# self-care calendar

MONTH: \_\_\_\_\_

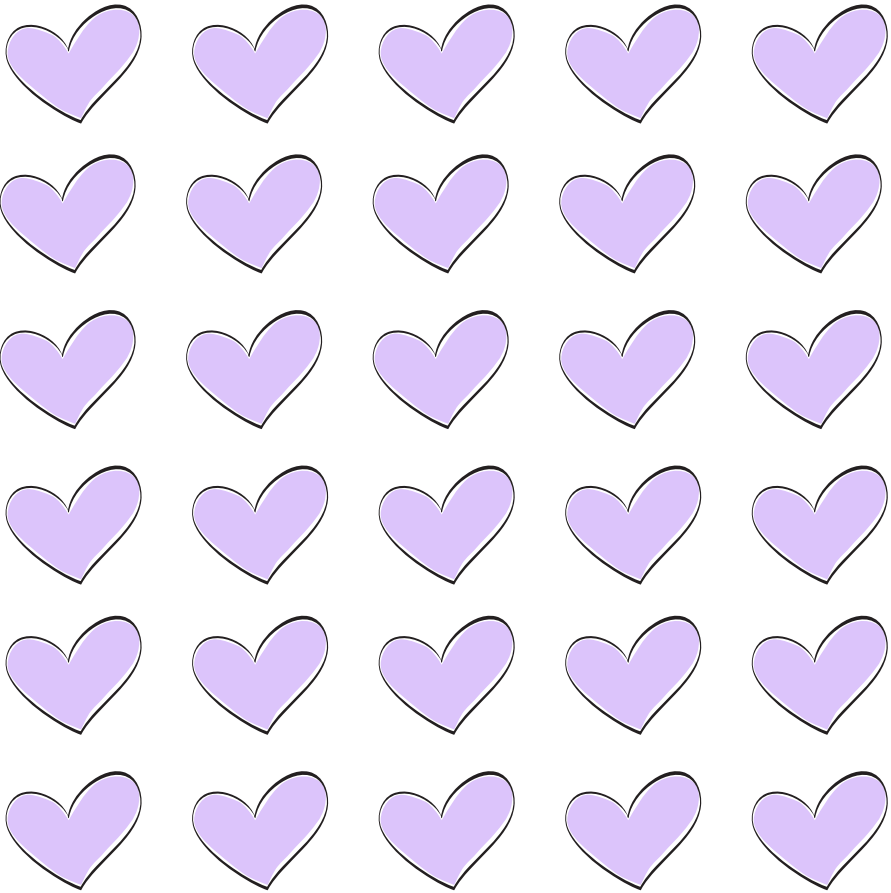
MON	TUE	WED	THU	FRI	SAT	SUN

"I forgive myself for not being perfect"

# acts of

# kindness

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. For 30 days show one form of kindness per day & see how you feel by the end.



how do I feel after the 30 days?

---

"The more I give, the more I receive"

# 30 days of doodles

Draw what comes to mind for 30 days


"I embrace creativity"

# 30 Day Challenge

## MEDITATE

the goal: \_\_\_\_\_

\_\_\_\_\_

my why: \_\_\_\_\_

\_\_\_\_\_



how do I feel after the 30 days?

\_\_\_\_\_

\_\_\_\_\_

"I am doing my best & that is enough"



# 30 Day Challenge

## READING

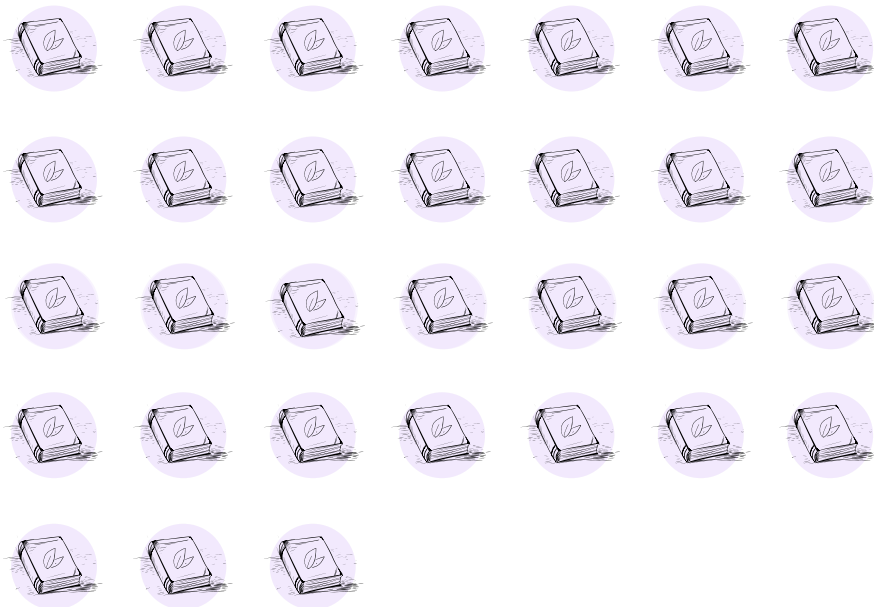
the goal: \_\_\_\_\_

\_\_\_\_\_

my why: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



how do I feel after the 30 days?

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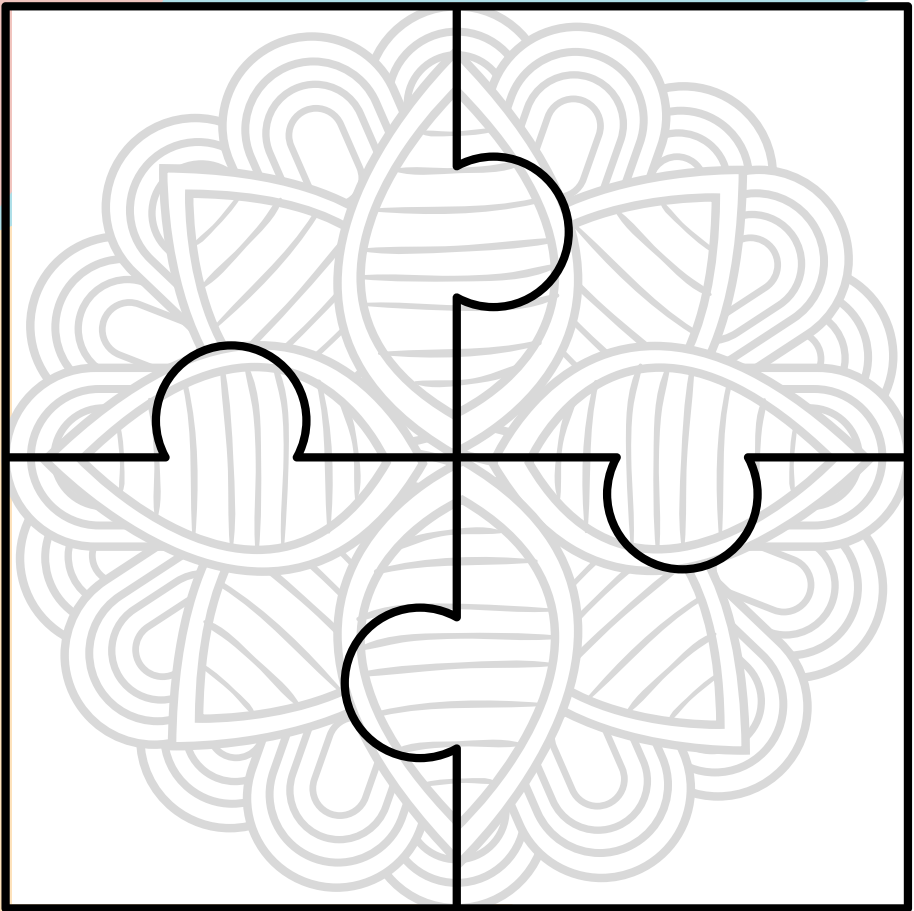
\_\_\_\_\_

"Every desire of mine is achievable"

# find your inner piece

## Mindful colouring puzzle

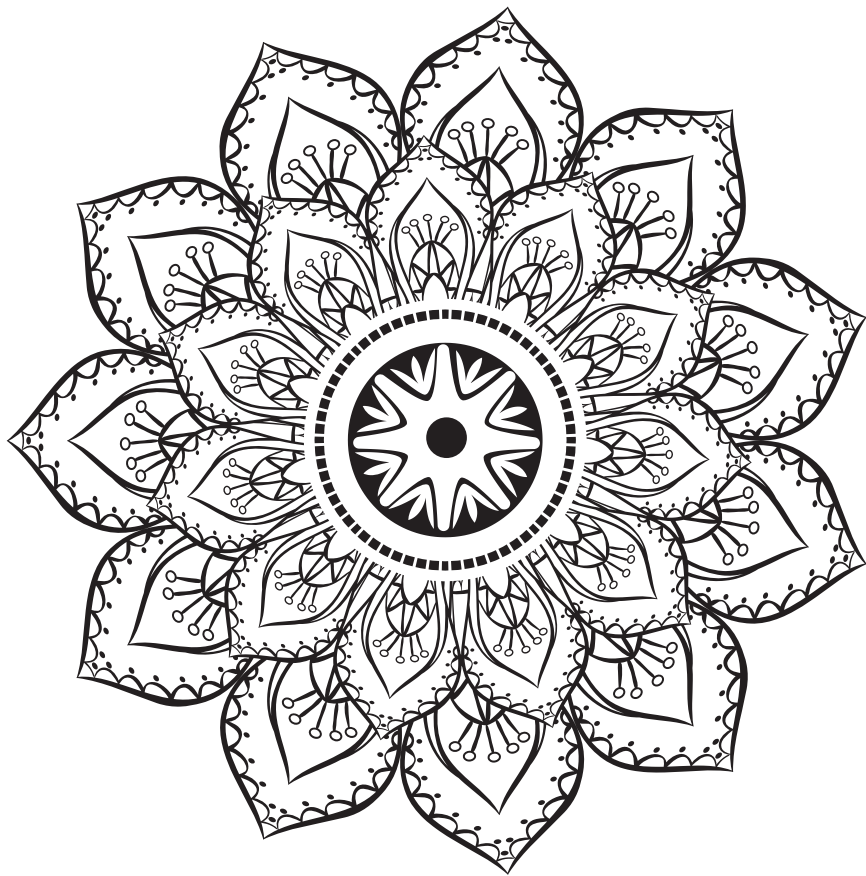
**Instructions:** Colour in the picture, then cut around the pieces. Ask a friend or family member if they can put your puzzle back together.



"I share my love freely with others"

# mandala peacefulness

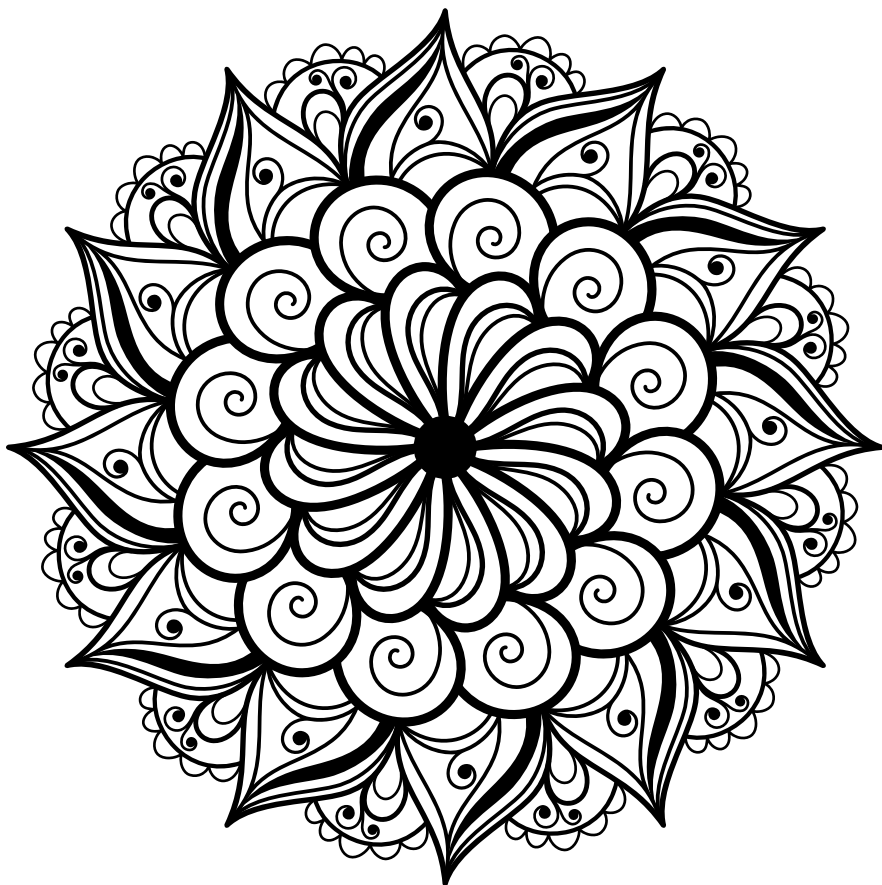
Mindful colouring puzzle



"I breathe in love & exhale fear"

# mandala peacefulness

Mindful colouring puzzle



"I give myself permission to be vulnerable"