



# Wellness & Self Care Planner



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# DAILY INTENTIONS

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

TODAY I AM GRATEFUL FOR...

MY GOAL FOR TODAY IS...

MY SELF CARE ACTIVITY  
TODAY IS...

POSITIVE AFFIRMATION  
OF THE DAY...

## SCHEDULE

## TO-DO

6 AM		
7 AM		
8 AM		
9 AM		
10 AM		
11 AM		
12 AM		
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		
6 PM		
7 PM		

EVENING

# Daily Movement Tracker

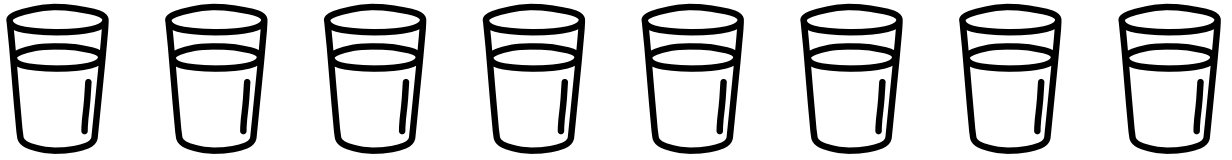
Week of \_\_\_ / \_\_\_ / \_\_\_

MY GOAL FOR THIS WEEK IS \_\_\_ MINUTES OF MOVEMENT

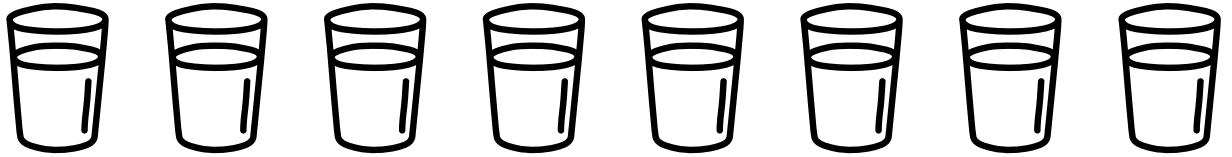
Day of the Week	Type of Movement	Duration of Movement	Intensity (Low, Moderate, High)
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

# Daily Water Intake

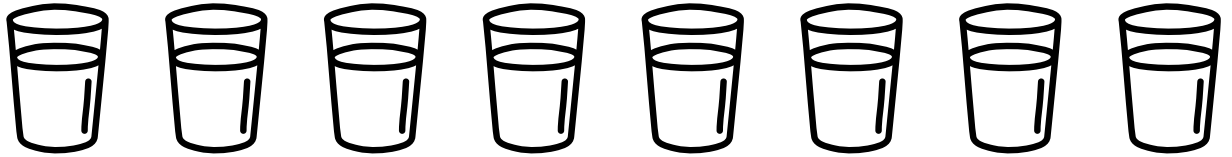
SUNDAY



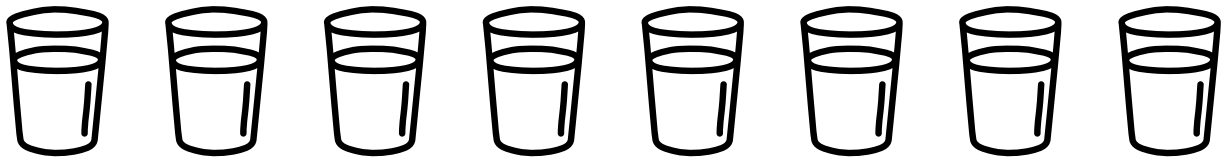
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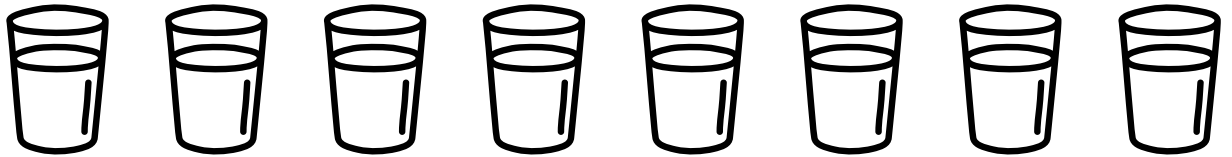
TUESDAY



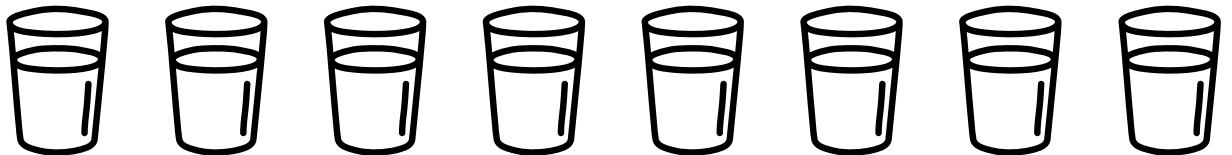
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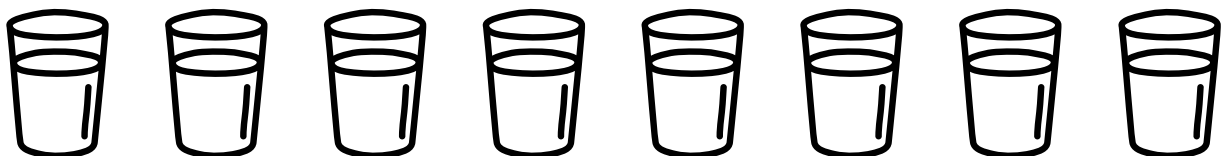
THURSDAY



FRIDAY



SATURDAY



# Mood Tracker

Month:

Today I'm feeling...

because....

01	
02	
03	
04	
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06	
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30	
31	

## SNACKS

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

## GROCERY LIST

## NOTES

# Gratitude Journal

There is something good in every day...

Week of \_\_\_ / \_\_\_ / \_\_\_

MONDAY HIGHLIGHT



TUESDAY HIGHLIGHT



WEDNESDAY HIGHLIGHT



FRIDAY HIGHLIGHT



THURSDAY HIGHLIGHT



SATURDAY HIGHLIGHT



SUNDAY HIGHLIGHT





# HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: \_\_\_\_\_

HABIT / SELF-CARE STEP

(S)	(M)	(T)	(W)	(T)	(F)	(S)
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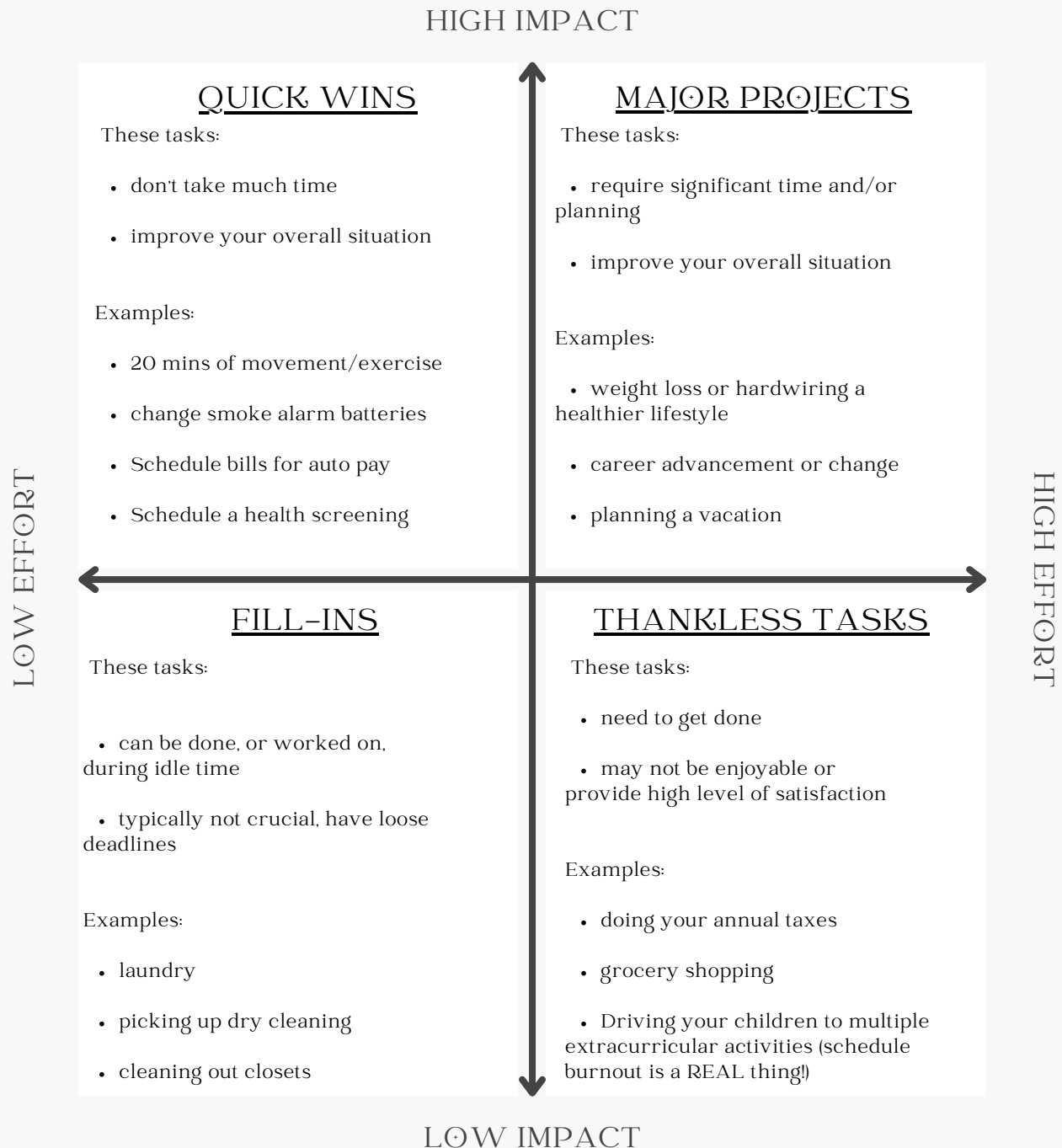
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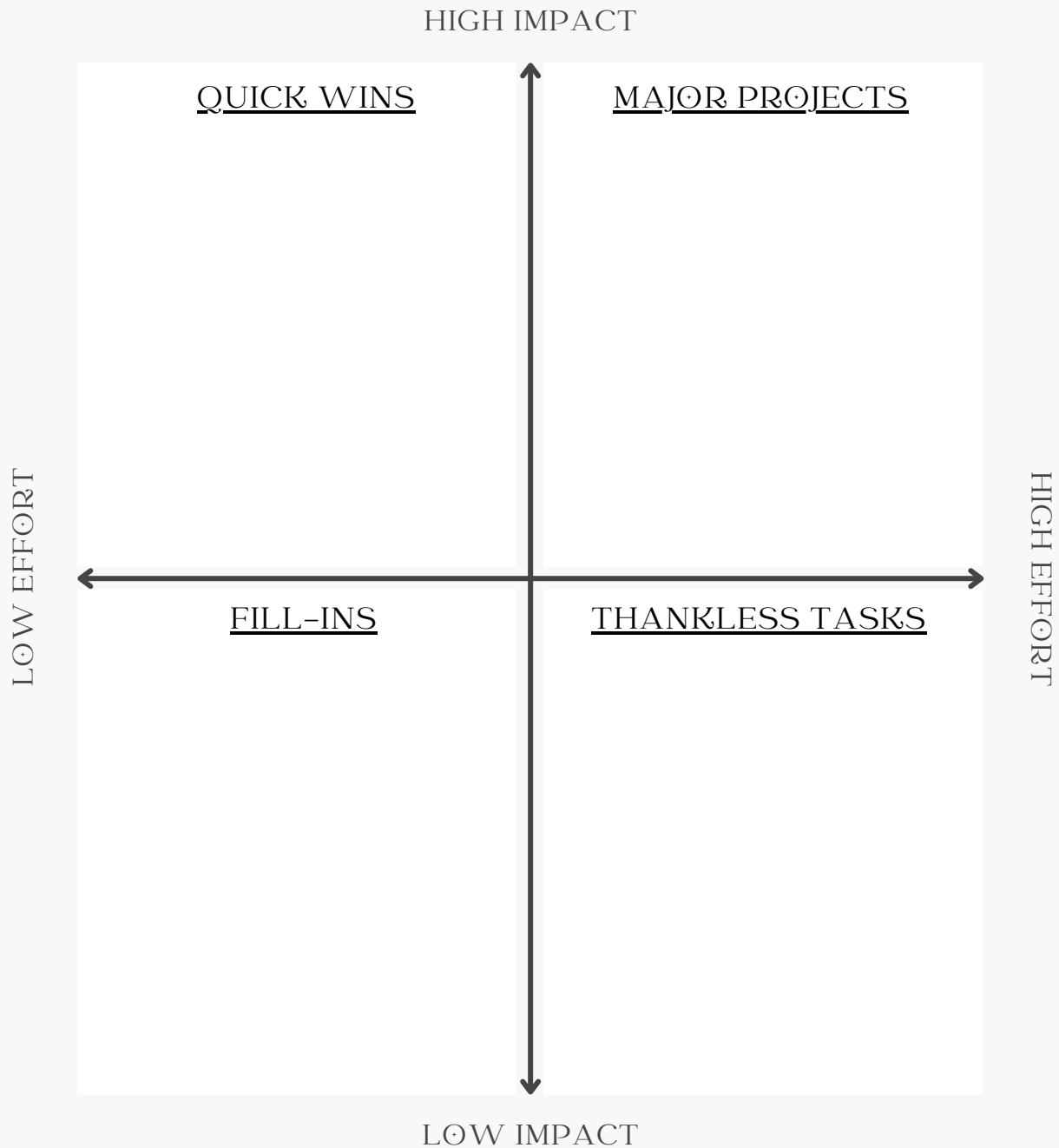
# PRIORITY MATRIX

THE PRIORITY MATRIX IS A TOOL THAT WILL HELP YOU VISUALIZE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



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# 30-DAY MENTAL CLEANSE

# Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Write 3 words describing how you feel today + 3 words for how you want to feel in 30 days.	Create a mental highlight reel.	Get outside for 20 minutes.	Find something to laugh about - connect with a friend to reminisce a funny moment.	Write down 3 things you are grateful for.
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Sit in silence for 5 minutes.	Go to bed 30 minutes earlier than usual.	Schedule a day off within the next month.	Drink 64 oz of water.	Play a game of solitaire.
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Spend 10 minutes in self-reflection.	No social media for a day.	Make it a phone free night with family members/loved ones.	Send a card.	Change your bedding.
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Make a new recipe.	Go meatless for the day.	Wear a bright color.	Start your day with an inspiring quote.	Write down 1 positive affirmation.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Read for at least 15 minutes.	Disable unnecessary smart phone notifications.	Unsubscribe from junk mail or unused apps.	Reorganize your phone apps.	Engage all your family members in a phone free meal.
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Write down 3 things that no longer deserve your energy.	Unfollow the negativity.	Swap out "I have to" with "I get to" today.	Listen to music while you make dinner.	Write down 3 things you learned about yourself over the last 30 days.

# 30-DAY MENTAL CLEANSE *Challenge*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

# 45 Ways to Practice Self Care

- 1.TAKE A WALK OUTSIDE
- 2.READ
- 3.GET TO BED EARLY
- 4.LISTEN TO MUSIC
- 5.JOURNAL
- 6.PRACTICE YOGA
- 7.LIGHT A CANDLE
- 8.SIP ON YOUR FAVORITE COFFEE/TEA
- 9.COLOR
- 10.DO SOME STRENGTH TRAINING
- 11.ENJOY A GLASS OF WATER
- 12.TAKE A SHORT NAP
- 13.TURN THE NOTIFICATIONS OFF ON YOUR PHONE FOR AN HOUR OR MORE
- 14.WATCH A MOVIE
- 15.GO TO CHURCH OR PRAY
- 16.REACH OUT TO AN OLD FRIEND
- 17.SEND A CARD TO SOMEONE
- 18.GARDEN OR PLANT SOMETHING
- 19.COOK A HEALTHY MEAL
- 20.ORGANIZE OR DECLUTTER A SPACE IN YOUR HOME
- 21.CALL SOMEONE YOU LOVE
- 22.PLAY WITH YOUR PETS
- 23.DIFFUSE ESSENTIAL OILS
- 24.DANCE OR SING TO YOUR FAVORITE SONG
- 25.WALK SOMEWHERE NEW (A DIFFERENT NEIGHBORHOOD, PARK OR TRAIL)
- 26.TRY A NEW TYPE OF EXERCISE
- 27.GET A MASSAGE
- 28.TAKE AN EXTRA LONG WARM SHOWER
- 29.PLAY OUTSIDE WITH YOUR KIDS
- 30.TAKE THE DAY OFF FROM SOCIAL MEDIA
- 31.READ THROUGH SOME FUNNY JOKES
- 32.SCHEDULE A DAY OFF FROM WORK
- 33.KNIT OR CROCHET
- 34.WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR
- 35.HUG SOMEONE
- 36.MAKE A NEW PLAYLIST
- 37.VOLUNTEER
- 38.LISTEN TO A PODCAST
- 39.WATCH THE SUNRISE OR SUNSET
- 40.CLEAN OUT YOUR PURSE
- 41.WASH YOUR FACE
- 42.MAKE DINNER RESERVATIONS
- 43.CHANGE YOUR BEDDING
- 44.PAINT YOUR NAILS OR GET YOUR NAILS DONE
- 45.SIT IN SILENCE FOR 5 MINUTES

# 45 Positive Affirmations

1. MY BODY IS STRONG.
2. MY MIND IS STRONG.
3. I AM INTELLIGENT AND CAPABLE OF NAVIGATING CHALLENGE.
4. I AM OPEN MINDED AND ABLE TO SEE ALL OPTIONS.
5. I AM AT PEACE WITH MYSELF.
6. I ACT WITH CONFIDENCE IN ALL I DO.
7. I AM RESILIENT.
8. I NAVIGATE CHALLENGE GRACEFULLY.
9. MY LIFE IS ABUNDANT.
10. I AM CAPABLE OF POSITIVE CHANGE.
11. I DESERVE A HEALTHY RELATIONSHIP.
12. I DESERVE THE COMPLIMENTS THAT I RECEIVE.
13. I AM A VALUABLE PERSON.
14. I AM HAPPY TO BE ME.
15. I AM A VALUABLE CONTRIBUTOR.
16. I APPRECIATE WHO I AM.
17. I VALUE MYSELF AS A PERSON.
18. I AM COURAGEOUS.
19. MY FUTURE IS BRIGHT.
20. MY FUTURE IS POSITIVE.
21. I AM PROUD OF WHO I AM.
22. I DESERVE TO RELAX.
23. I DESERVE TO BE HAPPY.
24. I CAN LEAVE ANYTHING THAT DOESN'T SERVE ME WELL.
25. I AM MAKING MY HEALTH A PRIORITY.
26. I AM LEARNING TO ASK FOR WHAT I NEED.
27. I AM EMBRACING THE AGING PROCESS.
28. I CONTROL MY REALITY.
29. I APPRECIATE MY BODY.
30. I EMBRACE MY HAPPINESS.
31. I AM INSPIRING TO OTHERS.
32. I HAVE A POSITIVE AND THANKFUL MINDSET.
33. I AM GRATEFUL.
34. I ENJOY THE PRESENT MOMENT.
35. MONEY FLOWS FREELY TO ME.
36. I CAN CONTROL MY SPENDING HABITS AND SAVE MONEY.
37. I AM SMART.
38. MY BODY IS BEAUTIFUL.
39. I AM IN CONTROL OF MY EMOTIONS, THOUGHTS, AND ACTIONS.
40. PEACEFUL THOUGHTS FLOW THROUGH MY MIND AND BODY.
41. I AM CAPABLE OF RELEASING ANXIETY AND TENSION.
42. I AM ENOUGH.
43. I AM PROUD OF MYSELF.
44. I CAN FIGURE OUT ANYTHING.
45. I AM PERSISTENT.