



SELF CARE  
IS A  
PRIORITY AND  
Necessity  
NOT A  
LUXURY

SELF-CARE PLANNER

# mental NEED

## **Affirmation**

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## **Project Task**

## **Boundaries**

- Saying no when you'd rather not do something
- Not volunteering for extra work
- Communicating needs directly to others

## **Cognitive Abilities**

- Learning something new
- Playing brain games to improve concentration
- Reading



coaching

## **Take a Break**

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happy

# SCHEDULE

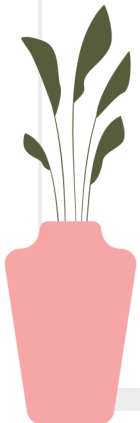


## Morning Routine

- Wake up on time
- Stay away from social media
- Record positive affirmation
- Exercise for 30 minutes
- Shower
- Eat a nutritious breakfast

goals

## Personal Time



## Mindful Awareness

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# Daily Self-care Plan

Date:

Today's Focus

Priorities List

My Reminder

Goals for My Mind





# MONTHLY REFLECTION

Monthly Focus

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Highlight

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.....

Highlight

- .....
- .....
- .....
- .....
- .....
- .....
- .....

## Personal Growth



Money



Health



Goal



Improvement

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# GRATITUDE JOURNAL

TODAY'S AFFIRMATION

Large green rectangular area for writing today's affirmation.

3 THINGS YOU ARE GRATEFUL FOR TODAY

Seven horizontal lines for writing three things you are grateful for today.

3 GOOD THINGS HAPPENED TODAY

Green rectangular area with ten horizontal lines for writing three good things that happened today.

NOTES / REMINDERS

Green rectangular area with ten horizontal lines for writing notes or reminders.



# *inspiring reading journal*

## READING GOALS

Blank area for writing reading goals.

TITLE

START DATE

FINISH DATE

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# 10 self-care ideas



- Read something that feeds my soul  
*A book of poetry sounds great?!*
- Sit and enjoy a hot cup of ~~coffee~~ or tea  
*i don't like coffee:D*
- Journal or write  
*Creative time guhuuu*
- Make a little gratitude list
- Stretch, walk or press play on a yoga video  
*Lazy? no no no!*
- Start working on my dream
- Take the extra 15 minutes of sleep *z z z*
- ~~Craete~~ a no-phone-in-your-room policy  
*\*create, sorry my badT\_T*
- Turn alerts off on your phone  
*a bit difficult for me tho :(*
- Create a morning-only app folder on my phone  
*surprisingly this point really work yeayy!!!*



# Always Remember



REASONS TO LOVE MYSELF

A large, empty rectangular box with a light beige background, intended for writing reasons to love oneself.

THINGS THAT I'M GRATEFUL FOR

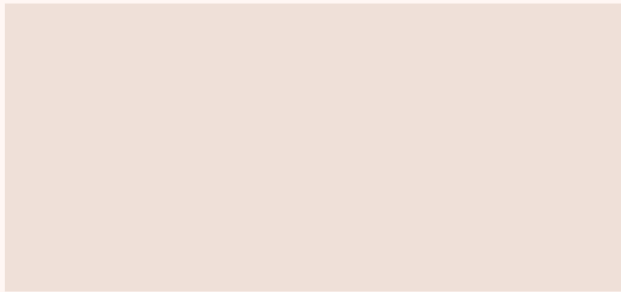
A large, empty rectangular box with a light beige background, intended for writing things one is grateful for.



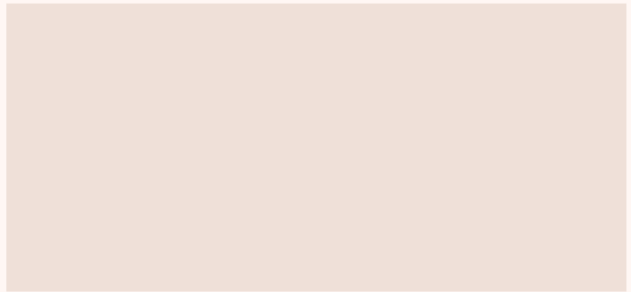


# Vision Board

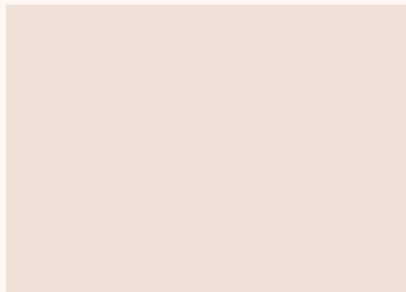
WEALTH GOAL



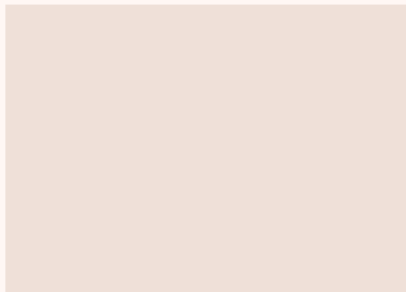
HEALTH GOAL



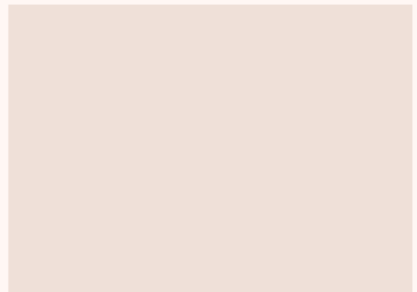
LOVE



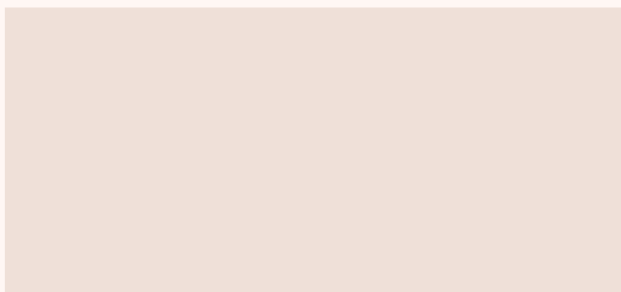
FAMILY



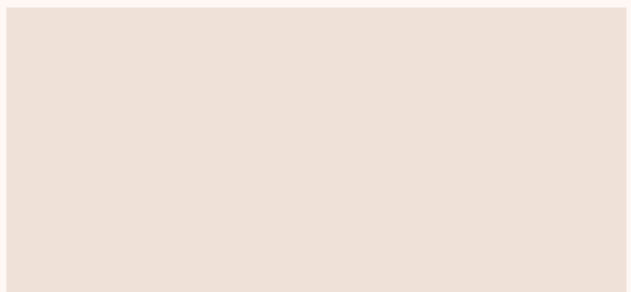
CAREER



SPIRITUALITY



KNOWLEDGE



NOTES:

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# Self Improvements

HABITS TO CHANGE:

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SKILLS TO LEARN:

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VALUES TO ENHANCE:

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# 30 DAY Self-Care Challenge

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
Start a gratitude journal	Learn to meditate	Spend the day social media free	Call someone you love	Take a 15 minute walk outdoors
<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>
Listen to a podcast	Learn to cook a new recipe	Stretch for 10-15 minutes	Listen to your favorite song	Practice deep breathing
<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 15</b>
Try a free online workout	Read a book for 15 minutes	Write a list of short-term goals	De-clutter a room or desk	Go to bed 30 minutes earlier
<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>
Have a game night	Wake up 15 minutes earlier	Make your favorite meal	Buy yourself something nice	Create a bucket list
<b>DAY 21</b>	<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>
Watch a movie or series	Write down your thoughts	Take a long shower or bath	Have a home spa day	Read inspirational quotes
<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>	<b>DAY 29</b>	<b>DAY 30</b>
Create a vision board	Spend some time outside	Do a hair mask	Write it all down in a journal	Take a power nap



# yoga preparation CHECKLIST

## details

Class Name :

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Address/Phone :

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Practice Schedule :

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Coach :

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## Morning Routine

- Take a shower before class
- Skip the perfumes
- Skip the scented lotion
- Avoid eating before class
- Leave your shoes at the door
- Sign in and pay before class
- Practice seriously
- Stay calm

**Remember!**



# DAILY YOGA JOURNAL



Mon

Tue

Wed

Thu

Fri

Sat

Sun

## My Healthy Meals

● Breakfast

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● Lunch

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● Dinner

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● Snacks

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## My Motivation

## Goals

## Today's Yoga Move

● Notes

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# MY YOGA JOURNEY



Mon

Tue

Wed

Thu

Fri

Sat

Sun

How I feel after today's yoga practice

Yoga poses I did

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

Yoga poses I want to try



# MY YOGA DIARY

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Dear diary, today I practiced...

A large, empty, light purple rectangular area intended for writing a diary entry.

