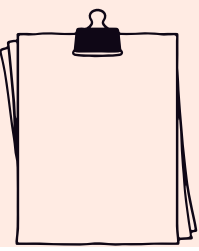


Weekly Planner



PRIORITIES

WORK

LIFE

MIND

GOALS

CHALLENGES

I'M EXCITED ABOUT

SELF-CARE GOALS



Daily Planner

DATE:

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WATER INTAKE



MOOD



SLEEP: __ HOURS

APPOINTMENT	
TIME	EVENT

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GRATITUDE LIST

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FOR TOMORROW

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Daily Planner

DATE:

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Empty box for notes or reminders.

Empty box for notes or reminders.

WATER INTAKE



MOOD



SLEEP: __ HOURS

APPOINTMENT

TIME EVENT

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Daily Planner

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Blank space for notes or journaling.

Blank space for notes or journaling.

WATER INTAKE



MOOD



SLEEP: __ HOURS

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Daily Planner

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WATER INTAKE



MOOD



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Daily Planner

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Daily Planner

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WATER INTAKE



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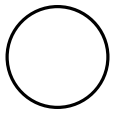
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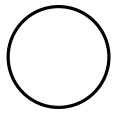
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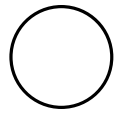
SELF-CARE MENU



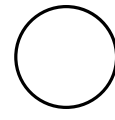
Stretch all your muscles



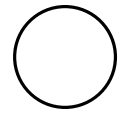
Do one thing at a time



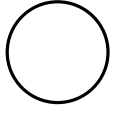
Go for a walk in nature



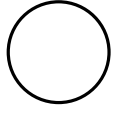
Meditation



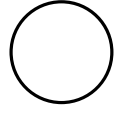
Go to bed earlier



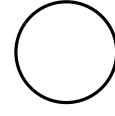
Listen to favorite song



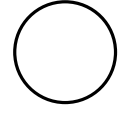
Eat nonprocessed food



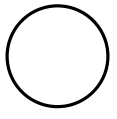
Take a nice bubble bath



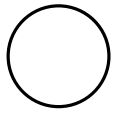
Cook your favorite meal



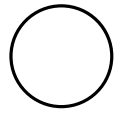
Practice yoga



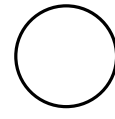
Go on a solo date



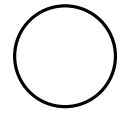
Journaling



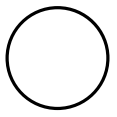
Facial care



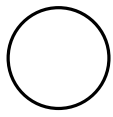
Practice gratitude



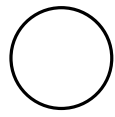
Spend time on a hobby



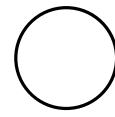
Talk to a good friend



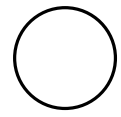
Read a book



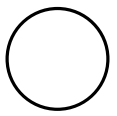
Explore a new place



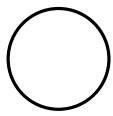
Watch your favorite movie



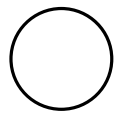
Do a braindump



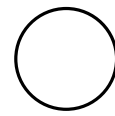
Get some sunlight



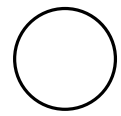
Electronicsfree night



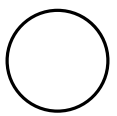
Write out your goals



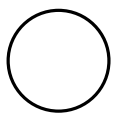
Organize your room



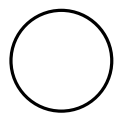
Watch the sunset



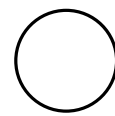
Give yourself a break



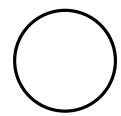
Learn a new skill



Write about your ideal future



Track your finance



Drink plenty of water