

The background of the page is a light-colored marbled paper with swirling patterns of white, cream, and pale yellow. Interspersed throughout the marbling are delicate, wavy lines of gold leaf, which add a touch of elegance and luxury to the design.

SELF-CARE PLANNER

MY SKINCARE ROUTINE

morning routine

beauty routine	product	s	m	t	w	t	f	s
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evening routine

beauty routine	product	s	m	t	w	t	f	s
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PERIOD LOG

month: _____

sunday

monday

tuesday

wednesday

thursday

friday

saturday

information

color key

cycle start:

days in cycle:

menstruation flow:

next cycle start date:

symptoms:

notes

MY BEAUTY ROUTINE

morning routine

beauty routine	product	s	m	t	w	t	f	s
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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evening routine

beauty routine	product	s	m	t	w	t	f	s
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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before bed routine

beauty routine	product	s	m	t	w	t	f	s
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VITAMINS & SUPPLEMENTS

item	dosage	s	m	t	w	t	f	s
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item	dosage	s	m	t	w	t	f	s
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item	dosage	s	m	t	w	t	f	s
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item	dosage	s	m	t	w	t	f	s
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APPOINTMENTS

month: _____

sunday

monday

tuesday

wednesday

thursday

friday

saturday

notes

WHAT THINGS MAKE ME FEEL STRESSED?

In each ellipse, add something that is a stressor to you.



WHAT THINGS MAKE ME FEEL STRESSED?

Answer the questions below to analyze the stressors
you've mentioned on the previous page.

What do you think most people are stressed about?

What stresses me out the most?

What is within my control, and what is without?

WHAT THINGS MAKE ME FEEL STRESSED?

Will anything change if I worry about it?

Can I improve this situation by changing my attitude towards it?

“Stop overthinking. You are only creating problems that aren’t there.” Do I make small problems big? In what ways?

WHAT THINGS MAKE ME FEEL STRESSED?

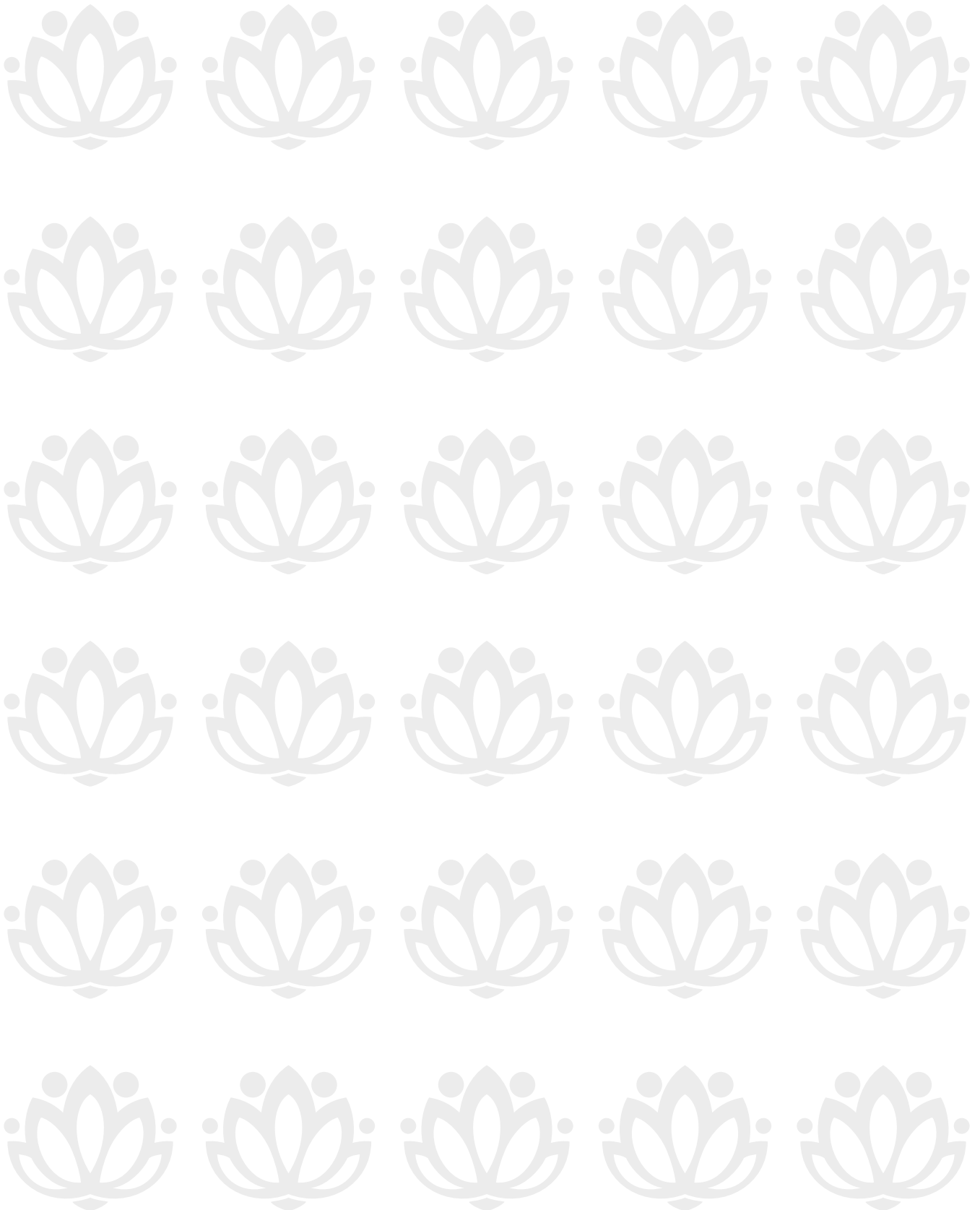
Do I absorb other people's emotions?

Do certain people make me feel worse after I talk to them?

Can I do anything about it?

What helps me to calm myself down?

30-DAY MEDITATION CHALLENGE



MOOD TRACKER

date: _____

highlights of the day

things that could be improved

my emotions

what made me feel that way

MAKE YOUR DREAMS COME TRUE

Be specific

How is my normal day different from the ideal day?

Is there anything I can do NOW to make my life better?

How will I feel if I get a chance to live my dream day?

What things make it seem so imperfect?

MAKE YOUR DREAMS COME TRUE

What things will help me to start living my dreams?

What already makes my life good?

What do I need to change?

How much money do I need to start living my dream life?

TRIGGER TRACKING

Write down your triggers and emotions they cause.

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FOCUS PLAN

date: _____

define the task

Break the task into smaller parts to make them more manageable.

task parts	time required
1.	
2.	
3.	
4.	
5.	

Create a schedule.

schedule	reminders

COUNTERING ANXIETY

Imagine you are faced with anxiety-producing situations from above.
Describe the...

Worst outcome

Best outcome

Likely outcome

Would it still be important 1 year from now? Why?

ANXIETY BREAKDOWN

What is triggering my anxiety?

What thoughts am I having? How do they make me feel?

How is my body responding? What emotions cause this reaction?

What can I do to calm my body down?

What helps me to reduce my anxiety?

ANXIETY VS. TRUTH

Whenever you experience anxiety, your mind might begin racing with thoughts that aren't always true. Define what's true and what's not.



DECATASTROPHISING

What am I worried about?

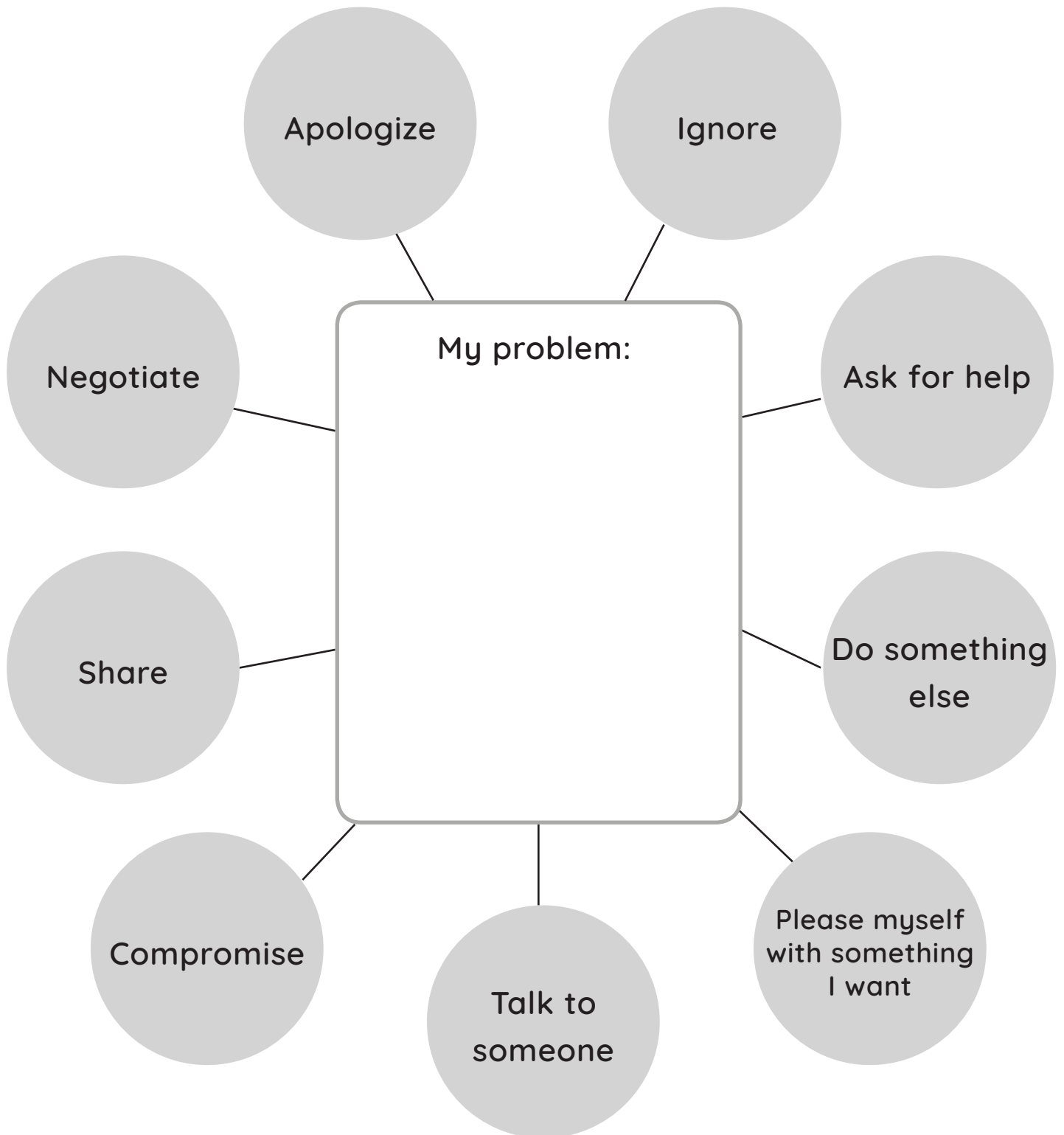
How likely is it that my worry will come true? Give examples or past situations.

If my worry does come true, what's the worst that could happen?

If my worry does come true, what's most likely to happen?

Would it still be important 1 year from now? Why?

PROBLEM-SOLVING



PROBLEM-SOLVING

Write down your options

