

Self Care PLANNER



THE
M
C
MENTAL COOKIE

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WEEKLY SELF CARE ACTIVITIES

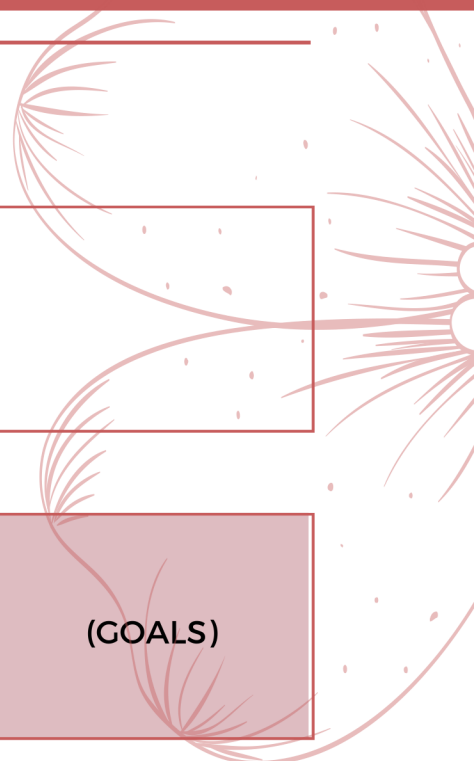


EXERCISE		WEEKLY MOTIVATION
M		
T		
W		
T		
F		

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	
SATURDAY	SUNDAY	



WEEKLY GOALS



(GOALS)	(ACTION PLAN)
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(ACTION PLAN)	(GOALS)
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(GOALS)	(ACTION PLAN)
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(ACTION PLAN)	(GOALS)
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(GOALS)	(ACTION PLAN)
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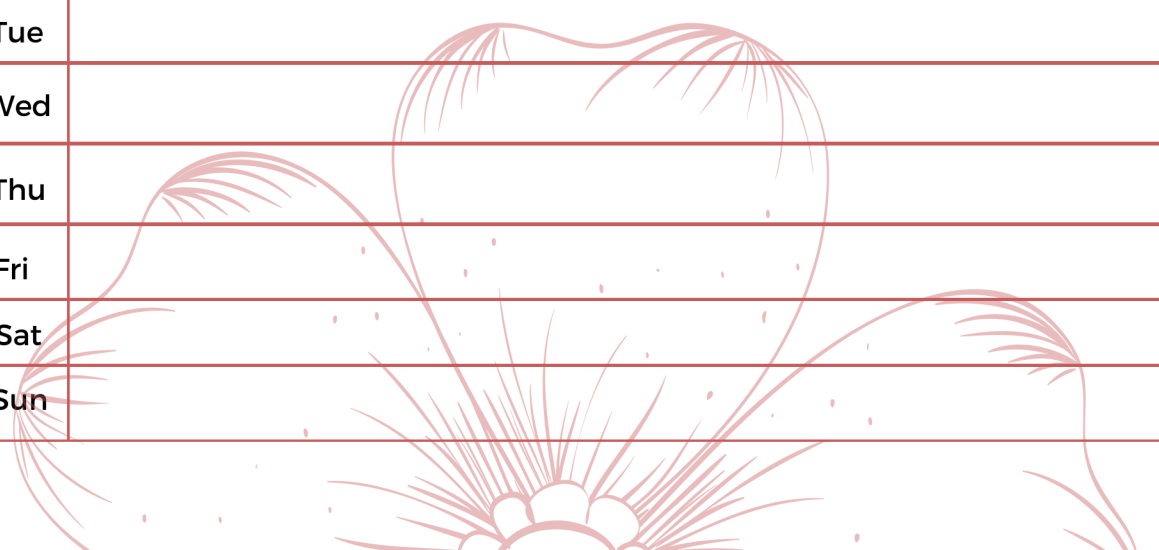
WEEKLY MEDITATION



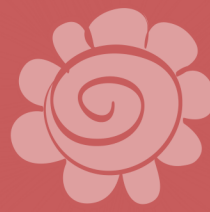
	TYPE OF MEDITATION	BENEFITS
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

MEDITATION			
Mon	Tue	Wed	Thu
Fri	Sat		Sun

AFFIRMATION	
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



WEEKLY REVIEW



DID I ACHIEVE MY GOAL?	WHAT WERE MY ACCOMPLISHMENT?

DID I TRY SOMETHING NEW?	PREVALENT THOUGHTS

DID I DO MY RESPONSIBILITIES?	THINGS THAT MADE ME HAPPY

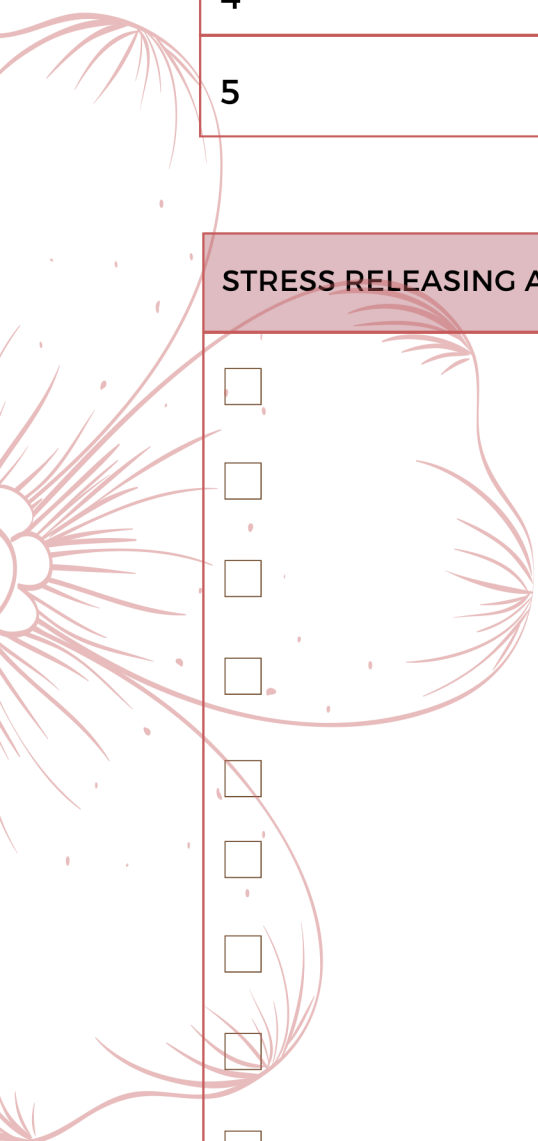
WAS I TOO HARD ON MYSELF?	WHAT CAN I DO TO BE PRODUCTIVE?

WEEKLY STRESS MANAGEMENT



MAJOR STRESSER	HOW TO DEAL WITH THEM?
1	
2	
3	
4	
5	

STRESS RELEASING ACTIVITIES	MUSIC PLAYLIST	NEW THINGS TO TRY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WEEKLY LIFE BALANCE WHEEL



WEEK:

SELF CARE ACTIVITIES

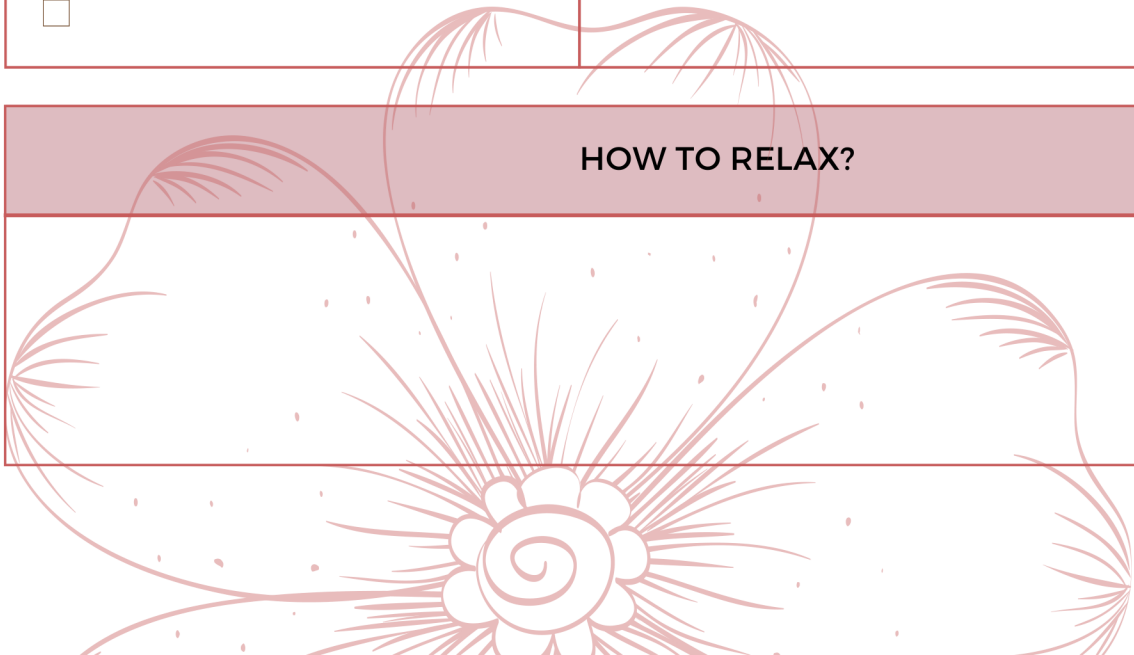


WAKE-UP TIME:	SLEEPING TIME:	HOURS OF SLEEP:
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AFFIRMATION	WHAT MOTIVATES ME TODAY?

HEALTHY MEALS	GRATITUDE
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

HOW TO RELAX?



WEEKLY SELF CARE ACTIVITIES

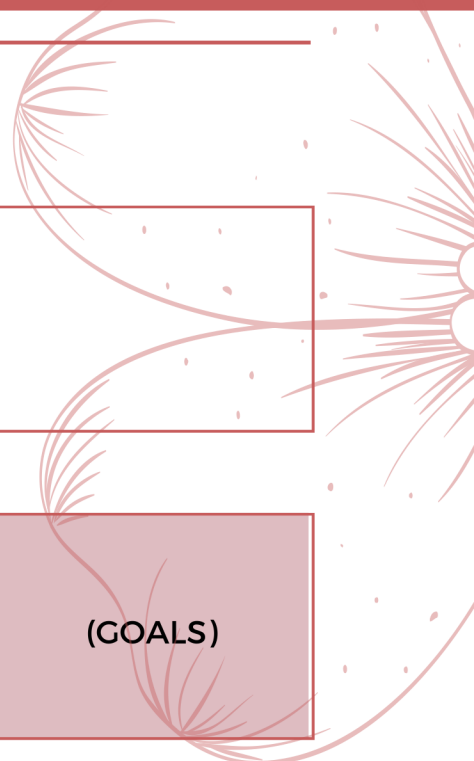


EXERCISE		WEEKLY MOTIVATION
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MONDAY	TUESDAY	WEDNESDAY
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WEEKLY GOALS



(GOALS)	(ACTION PLAN)
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(ACTION PLAN)	(GOALS)
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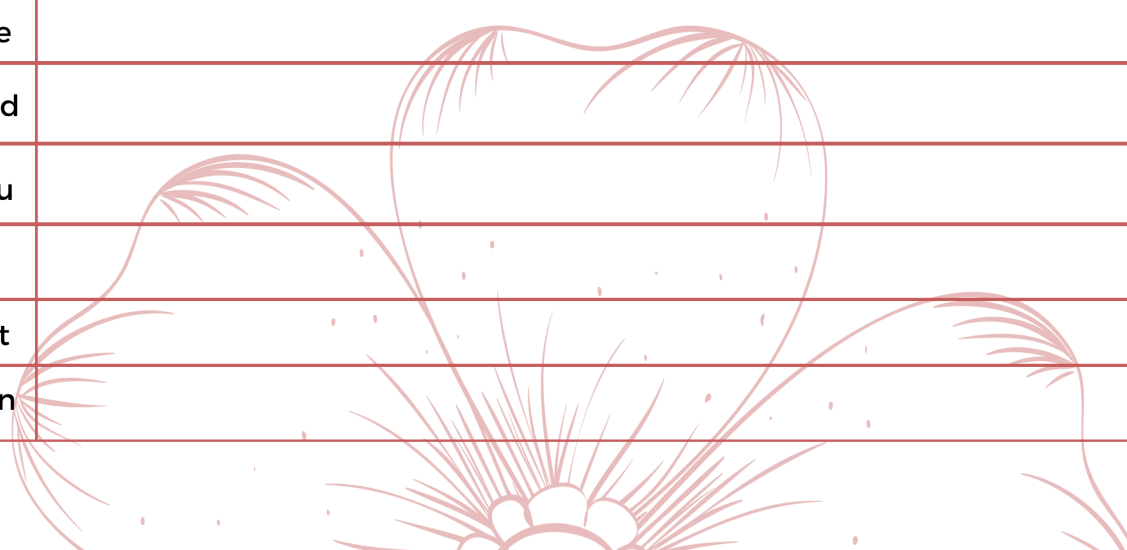
WEEKLY MEDITATION



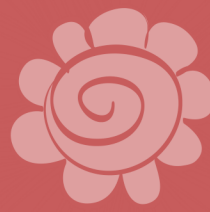
	TYPE OF MEDITATION	BENEFITS
Mon		
Tue		
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Thu		
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Sat		
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MEDITATION			
Mon	Tue	Wed	Thu
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WEEKLY REVIEW



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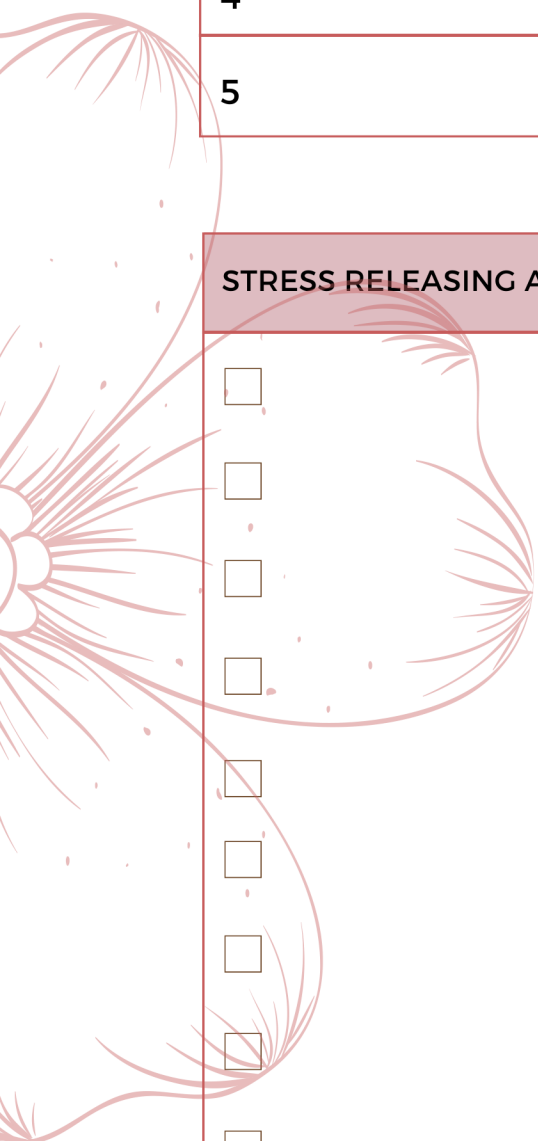
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WEEKLY STRESS MANAGEMENT



MAJOR STRESSER	HOW TO DEAL WITH THEM?
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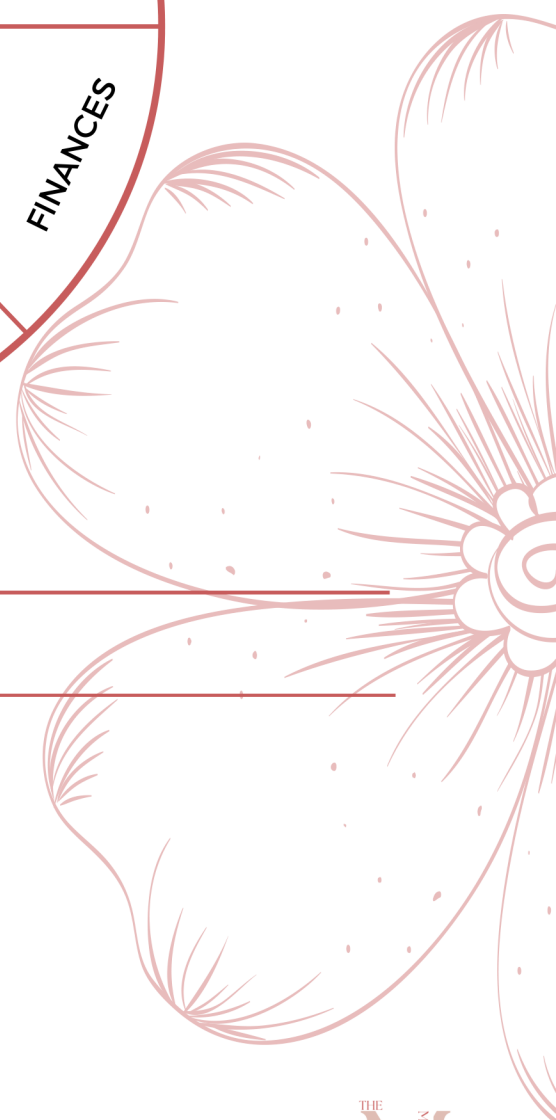
STRESS RELEASING ACTIVITIES	MUSIC PLAYLIST	NEW THINGS TO TRY
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WEEKLY LIFE BALANCE WHEEL



WEEK:



SELF CARE ACTIVITIES



WAKE-UP TIME:	SLEEPING TIME:	HOURS OF SLEEP:
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AFFIRMATION	WHAT MOTIVATES ME TODAY?

HEALTHY MEALS	GRATITUDE
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

HOW TO RELAX?



WEEKLY SELF CARE ACTIVITIES

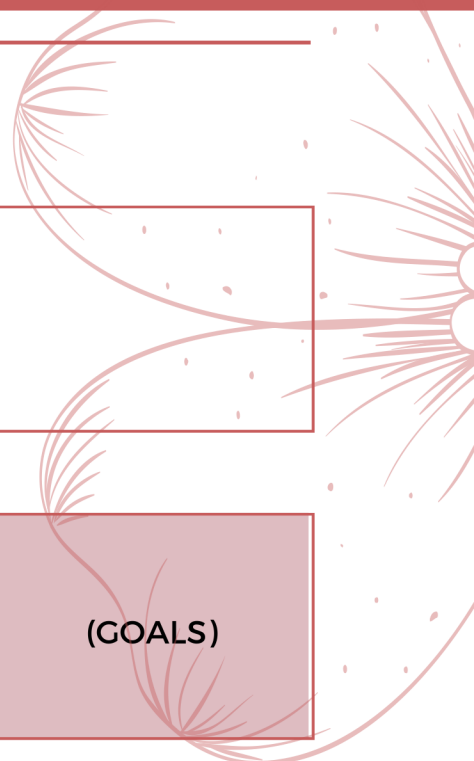


EXERCISE		WEEKLY MOTIVATION
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MONDAY	TUESDAY	WEDNESDAY
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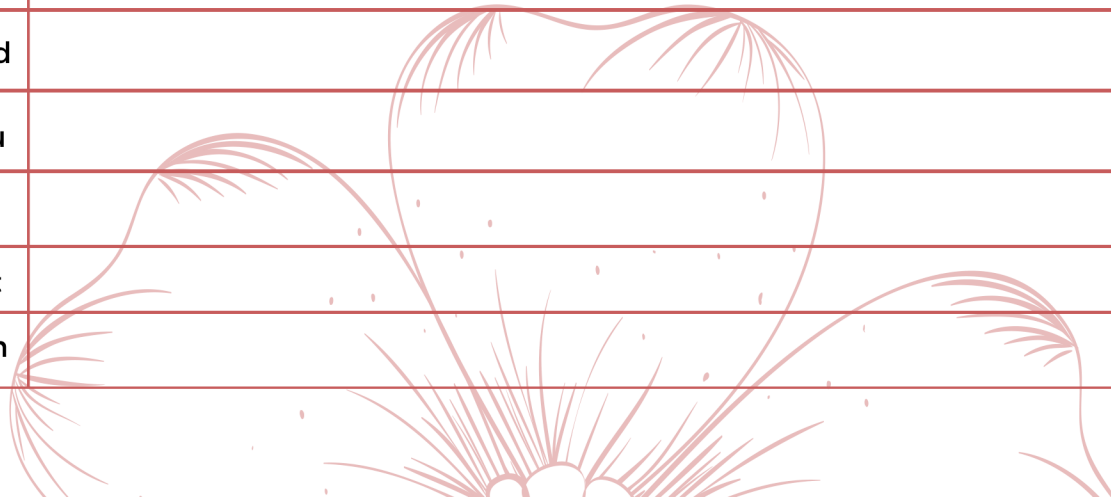
WEEKLY MEDITATION



	TYPE OF MEDITATION	BENEFITS
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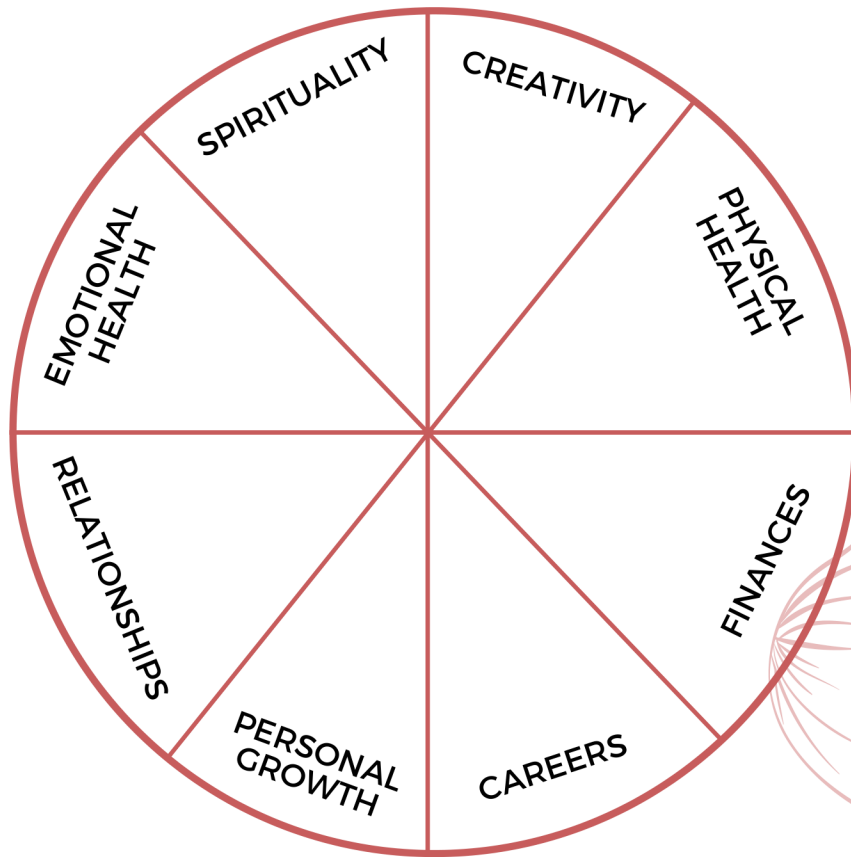
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY LIFE BALANCE WHEEL



WEEK:

SELF CARE ACTIVITIES

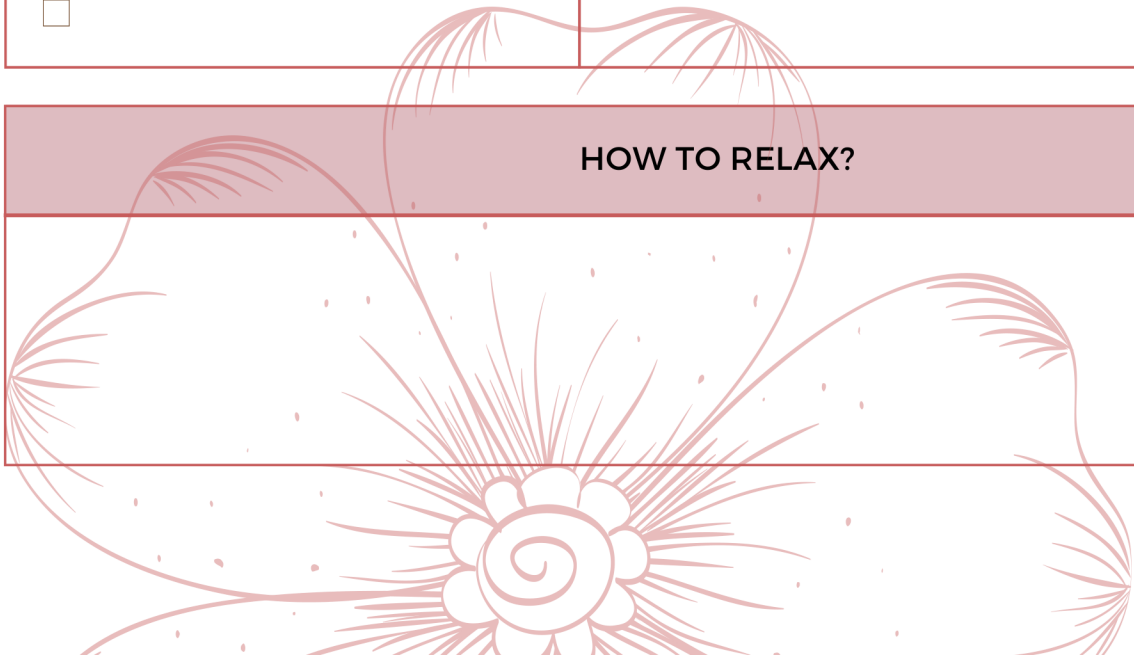


WAKE-UP TIME:	SLEEPING TIME:	HOURS OF SLEEP:
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AFFIRMATION	WHAT MOTIVATES ME TODAY?

HEALTHY MEALS	GRATITUDE
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<input type="checkbox"/>	
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<input type="checkbox"/>	

HOW TO RELAX?



WEEKLY SELF CARE ACTIVITIES

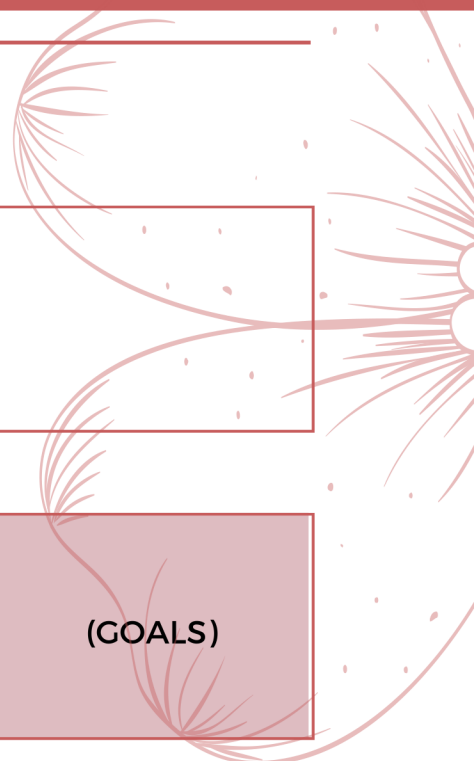


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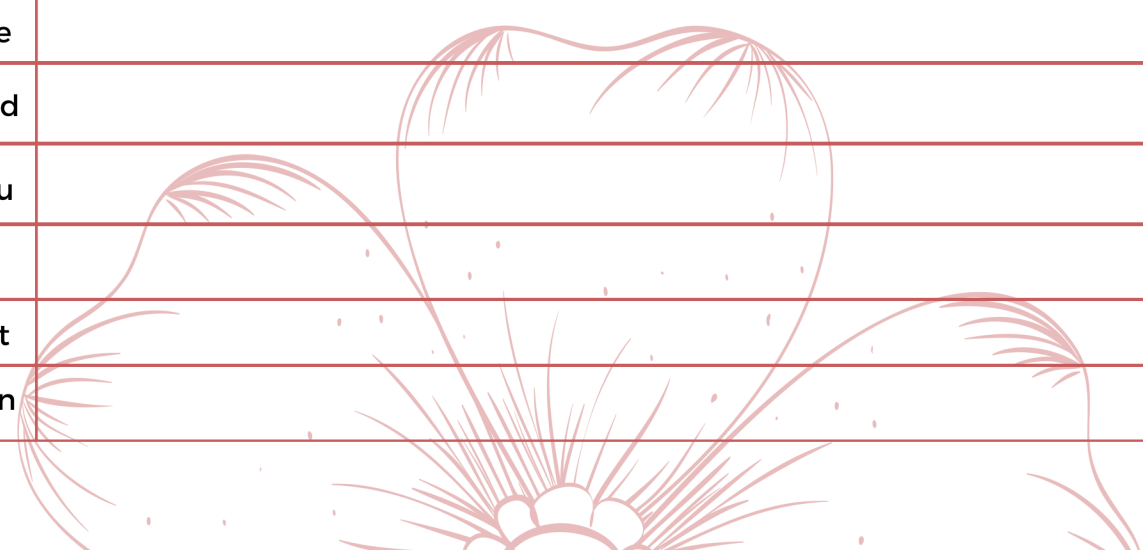
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WEEKLY STRESS MANAGEMENT



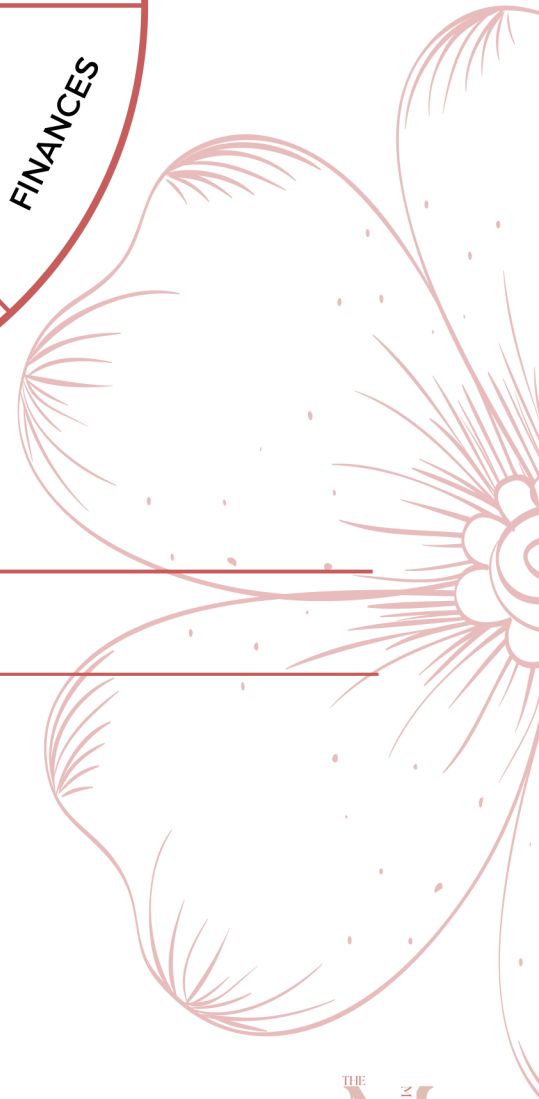
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY LIFE BALANCE WHEEL



WEEK:



SELF CARE ACTIVITIES



WAKE-UP TIME:	SLEEPING TIME:	HOURS OF SLEEP:
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AFFIRMATION	WHAT MOTIVATES ME TODAY?

HEALTHY MEALS	GRATITUDE
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

HOW TO RELAX?

