

The background of the entire page is a light-colored marble with subtle grey veining. Scattered across this background are several pink roses in various stages of bloom, along with sprigs of eucalyptus leaves. The roses are a soft, pastel pink, and the eucalyptus leaves are a muted, sage green. The overall aesthetic is soft, feminine, and calming.

Mental Health Planner

[www.In Search of Better.com](http://www.InSearchofBetter.com)

Daily planner

Scheduling and getting things done can be a lot tougher when you have anxiety, depression, and get easily overwhelmed. This daily planner is specifically designed to fit your needs.

Today's big thing: Try to only schedule one Big Thing a day to not make your to-do list too daunting. What a Big Thing is depends on how you're feeling: it can be as simple as getting groceries, or as big as going to a job interview.

Small tasks - easy wins: Write down simple tasks that you can do quickly in the morning to give yourself a sense of accomplishment. This will get the momentum going!

Example: making the bed, emptying the dishwasher.

Not super-important, but could be done: Since it's hard to know how your day will go, it's good to have a few tasks that you can cross off if you're feeling good and productive but don't have to feel bad about moving to the next day if things don't go as planned.

Daily planner

Today's big thing

A rectangular box with a thin grey border, intended for writing the day's most important task. The background of the entire page is a light grey marble pattern with scattered pink rose petals and green eucalyptus leaves.

Small tasks - easy wins!

A rectangular box with a thin grey border, intended for listing small, achievable tasks. The background of the entire page is a light grey marble pattern with scattered pink rose petals and green eucalyptus leaves.

Appointments (set alarms!)

A rectangular box with a thin grey border, intended for scheduling appointments. The background of the entire page is a light grey marble pattern with scattered pink rose petals and green eucalyptus leaves.

Self-care activity

A rectangular box with a thin grey border, intended for planning a self-care activity. The background of the entire page is a light grey marble pattern with scattered pink rose petals and green eucalyptus leaves.

Not super-important, but could be done

A rectangular box with a thin grey border, intended for tasks that are not urgent but could be completed. The background of the entire page is a light grey marble pattern with scattered pink rose petals and green eucalyptus leaves.

I am grateful for...

A rectangular box with a thin grey border, intended for listing things the user is grateful for. The background of the entire page is a light grey marble pattern with scattered pink rose petals and green eucalyptus leaves.

1.

2.

3.

Self-care tracker & planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

30 self-care ideas

- Go outside and take some photos
- Make a big breakfast spread just for you
- Write a letter to a long-distance friend
- Bake cookies
- Create a bucket list and do one thing
- Declutter your wardrobe to things you love
- Deep condition your hair
- Unplug from technology
- Pamper yourself with a face mask
- Get a potted plant to brighten up your place
- Take a walk
- Meditate
- Visit a friend with pets and snuggle
- Have a cup of tea while reading
- Exercise
- Call a good friend for a chat
- Watch a feel-good movie in your pajamas
- Get a massage from a spa or a friend
- Light candles and listen to good music
- Take a lavender bubble bath
- Get a haircut
- Go to a cafe and have a cup of hot chocolate
- Do something creative, like painting or knitting
- Cook your favorite meal
- Have a picnic
- Write in your journal
- Go dancing (or have a dance party in your room)
- Do a full-body stretch
- Sign up for a class
- Work on a jigsaw puzzle

My body weight workout routine

35 jumping jacks

50 butt kicks

5 push-ups

20 squats

1 pull-up

30 second plank

20 lunges

30 second wall sit

30 mountain climbers



Workout tracker

If you have a gym, or a set of dumbbells at home, I highly recommend incorporating weight lifting in your routine. It is the most effective to burn fat (even after your workout!), build strength, and give you more confidence.

Day tracker: Write down how many reps you did with what weight for each exercise. This way you can easily see how you improve! My rule is: start with a weight you can do 3x3 (three sets of three reps), and move up in weight when you can do 3x6.

Example: Squats 40lbs x 4
40lbs x 4
40lbs x 3

Measurements: Tracking your progress just based on your weight can be very misleading, especially when you're lifting weights, since muscles weigh more than fat. So take a measuring tape and measure your bicep, thigh, waist, and hips at the same place once a week to see your improvements.

Everyday wins: This is where you record ways you notice improvements in your everyday life.

Example: My clothes fit better. I finished my morning walk 5 minutes faster than usual. I could carry all the grocery bags in one trip (the dream!).

Workout tracker

Day 1

Day 2

Day 3

Day 4

Measurements:

Weight:

Bicep:

Everyday wins:

Thigh:

Waist:

Hips:

Gratitude journal

Monday

- 1.
- 2.
- 3.

Tuesday

- 1.
- 2.
- 3.

Wednesday

- 1.
- 2.
- 3.

Thursday

- 1.
- 2.
- 3.

Friday

- 1.
- 2.
- 3.

Saturday

- 1.
- 2.
- 3.

Sunday

- 1.
- 2.
- 3.

Affirmation

Identifying negative beliefs

A lot of our reactions come from negative and false beliefs. By identifying them you can work on changing these reactions and build newer, healthier patterns.

Triggering event: what happened?

Example: I broke a plate while doing the dishes.

Physical/emotional feelings: what are you feeling?

Example: guilt, hopelessness, trembling.

Belief: what are you thinking?

Example: I am useless. I can't be trusted with anything.

Solution: what can you think instead?

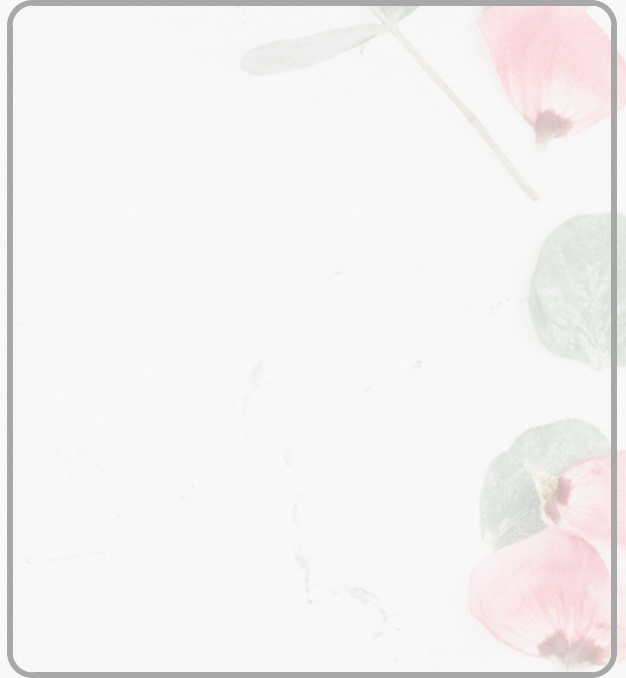
Example: It was an accident. It was a simple mistake and I forgive myself. No one will be mad at me.

Identifying beliefs

Triggering event

A large, empty rectangular box with a thin grey border, intended for writing a triggering event.

Belief

A large, empty rectangular box with a thin grey border, intended for writing a belief.

Physical/emotional
feelings

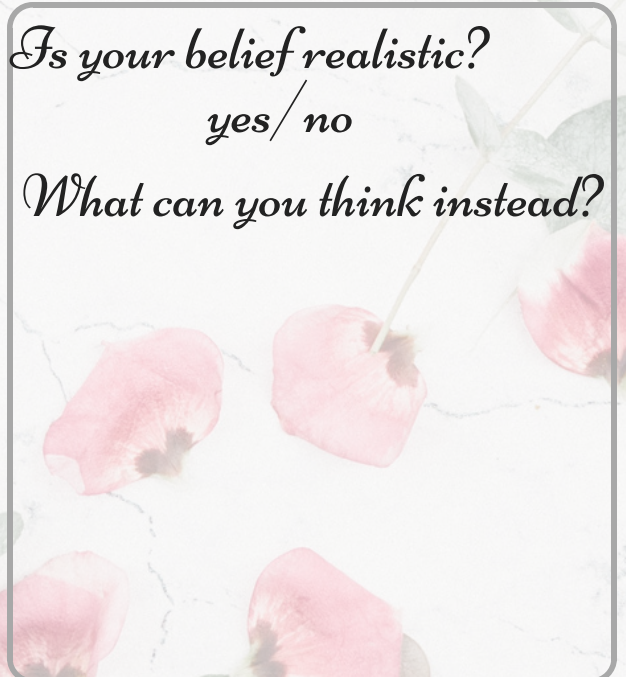
A large, empty rectangular box with a thin grey border, intended for writing physical or emotional feelings.

Solution

Is your belief realistic?

yes/ no

What can you think instead?

A rectangular box with a thin grey border containing three lines of italicized text for a solution: "Is your belief realistic?", "yes/ no", and "What can you think instead?".

Affirmations for work & business

- I am productive.
- Success comes easily to me.
- I am worthy of my dreams.
- I am well organized.
- I attract money and positivity.
- I believe in my ability to succeed.
- I am talented.
- I can succeed and I will.
- I am confident.
- I seize opportunities.

Affirmations for productivity

- I manage my time well.
- I am productive even through tough and boring projects.
- I become more and more productive every day.
- I am focused and efficient.
- I complete all the projects I start.
- I am naturally productive.
- I am motivated and happy to work.
- I work with passion and enthusiasm.
- I get a high from checking things off my to-do list.
- I actively pursue and achieve my goals.

Affirmations for fitness & health

- My body is getting stronger and healthier every day.
- I feel strong and powerful.
- I accept myself and all that I am.
- I create the life I want to live.
- I believe in myself.
- I am beautiful.
- I can do this!
- I embrace a healthy mindset.
- I accept my body's limitations and am grateful for what it can do.
- I exercise because it is good for my body.

Affirmations for self-esteem

- I like who I am.
- I am enough.
- I am worthy.
- I am successful.
- I am loved.
- I am free of self-doubt.
- I am fun and funny.
- I overcome difficulties and never give up.
- I am a warrior.
- I am unstoppable.

Affirmations for anxiety

- I am strong and resilient.
- I am calm and at peace.
- I am in control.
- Things will go my way today.
- I am not afraid.
- I can do hard things.
- I am whole.
- I am safe.
- I do not worry about things I cannot control.
- I choose happiness.

Affirmations for personal growth

- When I fall, I stand up again.
- I make friends easily.
- New opportunities come easily to me.
- I am patient and believe that good things will come to me.
- I let go of my old, negative beliefs.
- Unlimited energy will find me today.
- I am open-minded to new ideas and experiences.
- I will learn and grow today.
- I am grateful for my life.
- I deserve to be happy.