

LOVE is Me



Self-Care Planner

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Self-Care is a Powerful Tool

This Self-Care Planner is designed to help you create a balanced, intentional routine that supports your emotional, physical, mental, and spiritual wellness. Use it daily or weekly to prioritize your well-being, establish healthy habits, and remain aligned with your values and purpose.

How to Use This Planner:

Start with Reflection

Begin each week by reflecting on how you're feeling—spiritually, emotionally, physically, and mentally. Use prayer or journaling to ground yourself.

Set Your Weekly Intentions

Identify what areas of self-care you want to focus on (e.g., rest, boundaries, nutrition, spiritual growth). Write down 1–3 intentions.

Plan Daily Self-Care Activities

Use the planner to schedule small, meaningful actions (e.g., 15-minute walk, devotional time, gratitude journaling, meal prepping).

Track Your Progress

Use checkboxes or note reflections to track how well you're caring for yourself. Celebrate small wins!

End the Week in Gratitude

Reflect on what nourished your soul. Note what worked well and where God is inviting you to adjust.

Direction: Prioritize wellness with daily faith-based habits and weekly reflection.



Daily Reflection

DATE : ____/____/____

How did I feel today?

Three great things that happened today:

✦

✦

✦

Challenges of the day:

Achievements of the day:

I am grateful for:

What can I do to make tomorrow better than today?

Daily Planner

DATE : ____/____/____

M

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TOP 5 PRIORITIES

-  _____
-  _____
-  _____
-  _____
-  _____

TO DO LIST

SCHEDULE CHECK

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
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☐	_____
☐	_____

GOALS TODAY

NOTE

Weekly Planner

DATE : ____/____/____

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Monthly Planner

MONTH: _____

GOALS

30 Day Challenge

Read a book	Choose another path	Learn new skill	Find new a hobby	Practice yoga
Traveling	Eat healthy food	Watch a sunrise	Watch a sunset	Self-Care
Sleep for 8 hour	Make your dream come true	Workout	Talk to friend	Write a journal
Call a loved one	Get out of your comfort zone	No phone	No alcohol	Meditation
Find time to exercise	Love your self	Self-confident	Find new friend	Keep a diary

Daily Meal



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monthly Workouts

MONTH : _____

WEEK NO : _____

Date	Activity	Weight
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WORKOUTS GOAL

Habit Tracker

HABIT :

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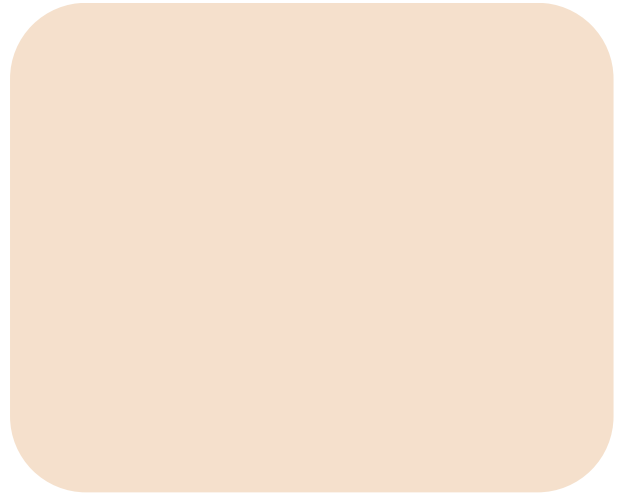
NOTE

Self-Love

THINGS MAKE YOU HAPPY



SELF CARE

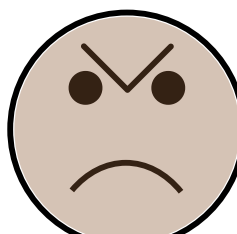
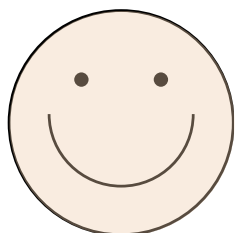
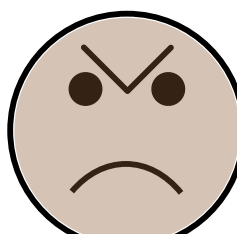
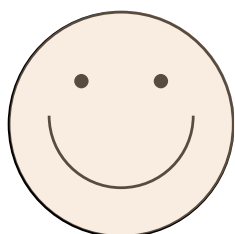


DEAR SELF



Today Feeling

DATE: ____/____/____ M T W T F S S



HAPPY

SAD

ANGRY

Year Goals

DATE : ____/____/____

BIGGEST GOAL

REMINDER

APPLICATION LIST

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NOTE

Notes

DATE : ____/____/____



A large, faint background image of a woman with curly hair and glasses working on a laptop. The image is overlaid on a series of horizontal lines that serve as a notepad for taking notes.

Gratitude

DATE : ____/____/____

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

WATER INTAKE












1 L 2 L 3 L

WEATHER



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____