



7 Days of
RADIANT
WELLNESS:
Self-Care
Planner &
Journal



A Journey of Self-Discovery and Growth



Unique Strengths
www.uniquestrengthsllc.com

Daily Self-Care Planner

Date:

Acts of Self-Care

Daily Affirmation

Notes to Self

I'm Grateful For

Ideas to Try

“You are magnificent beyond
measure, perfect in your
imperfections, and wonderfully
made.”

Abiola Abrams



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Daily Journal Prompt

Date:

What are five things that bring me joy, and how can I incorporate them into my daily routine?



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Ideas to Try

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

Maya Angelou



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Daily Journal Prompt

Date:

What are some ways that I can take care of my physical health, such as by getting enough sleep, eating well, and exercising regularly?



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Ideas to Try

“Accept yourself, love yourself,
and keep moving forward. If
you want to fly, you have to give
up what weighs you down.”

Roy T. Bennett



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Daily Journal Prompt

Date:

What are some negative thought patterns that I tend to fall into, and how can I challenge or reframe them?



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Ideas to Try

"It's not selfish to love yourself,
take care of yourself, and to
make your happiness a priority.

It's necessary."

Mandy Hale



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Daily Journal Prompt

Date:

What is something that I've been wanting to learn or try, and how can I make time for it in my schedule?



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Ideas to Try

"I have come to believe that
caring for myself is not self
indulgent. Caring for myself is
an act of survival."

Audre Lorde



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Ideas to Try

"Take the time today to love yourself. You deserve it."

Avina Celeste



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Daily Journal Prompt

Date:

What are some of my strengths and how can I use them to build my confidence and accomplish my goals?



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Ideas to Try

"If your compassion does not
include yourself, it is
incomplete."

Jack Kornfield



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Daily Journal Prompt

Date:

What are some things that I am grateful for in my life, and how can I cultivate a sense of gratitude on a regular basis?



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Ideas to Try

“Forgiveness isn’t just the absence of anger. I think it’s also the presence of self-love, when you actually begin to value yourself.”

Tara Westover



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Daily Journal Prompt

Date:

What is something you need to forgive yourself for and how can self-forgiveness help you move forward?
