

*She still got it*



# PLANNER

# Things to do

TODAY'S DATE \_\_\_\_\_

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## PRIORITIES

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DON'T FORGET TO DO THESE THINGS!!!!!!

WHAT TASKS DID I MISS, AND WHEN WILL I HAVE THE  
OPPORTUNITY TO REVISIT THEM?



Assess how satisfied you are with your life in each area

	Satisfied	Needs Improvement. How?
Worship (i.e. Salaat , etc.)		
Family/Friends		
Emotional health		
Finances		
Health/Fitness		
Recreation		
Study Habits		
Hobbies		
Time management		

# Budget Planner

WEEK			
INCOME	AMOUNT	EXPENSES	AMOUNT

WEEK

INCOME	AMOUNT

[illegible][illegible]

DEBT	AMOUNT

[illegible]

SUMMARY	AMOUNT
INCOME	
BILLS	
SAVINGS	
EXPENSES	
DEBT	



# SELF-CARE PLANNER

DATE: \_\_\_\_\_ S M T W T F S

## THINGS THAT MADE ME HAPPY TODAY

## SELF-CARE ACTIVITIES

## WATER INTAKE

80Z

## TODAY'S MOOD

## DAILY NUTRITION

## HABITS TO START

## HABITS TO STOP