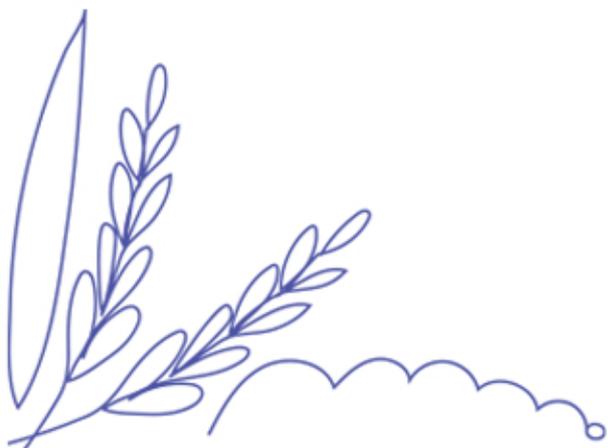




# SELF CARE PLANNER



A GUIDE TO SELF  
CARE JOURNAL





## INTRO AND HOW TO USE

You are holding a planner made for your mind not just any random planner. This space is designed to help you slow down, heal, and connect with your emotional well being. Use it daily at your own pace, no rules, only support.

### SELF CARE GOALS

#### My Self-Care Intentions

This month, I want to feel:

I am focusing on improving:

Things I want to stop doing:

#### Top 3 wellness Goals

A light blue rounded square box intended for writing the first of three wellness goals.A light blue rounded square box intended for writing the second of three wellness goals.A light blue rounded square box intended for writing the third of three wellness goals.

## DAILY PAGE

Date \_\_\_\_\_

Mood     

Energy 

Intention of the day \_\_\_\_\_ Today I want to feel \_\_\_\_\_

Affirmation \_\_\_\_\_

## To-Do List / Self Care Tasks

Top 3 priorities:

- 1.
- 2.
- 3.

Other tasks:

- 
- 
- 

## Wellness Tracker

Water:       

Meals:  Breakfast  Lunch  Dinner

Movement:  Yes  No

Sleep Hours \_\_\_\_\_

## Night Reflection

Evening mood \_\_\_\_\_

Best moment today \_\_\_\_\_

What challenged me \_\_\_\_\_

Something I'm proud of \_\_\_\_\_

Gratitude (3 things):

Notes / Thoughts:



## WEEKLY REFLECTION

### Weekly Check-In

Overall mood this week: 😞 😐 😓 😭 😊

Stress level 1 2 3 4 5 6 7 8 9 10

Sleep quality 1 2 3 4 5 6 7 8 9 10

Self care efforts 1 2 3 4 5 6 7 8 9 10

Wins this week

Challenges I faced

Next week I will focus on

### Weekly Habit Tracker

Habits

\_\_\_\_\_

Habit	Sun	Mon	Tue	Wed	Thur	Fri	Sat
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						

### Mood Tracker

Mood Log

Date \_\_\_\_\_

Mood



Notes \_\_\_\_\_





## SOS / EMERGENCY PAGE

### When I feel overwhelmed, I can

- Take 5 deep breaths
  - Drink water
  - Step away from screens
  - Call someone I trust
  - Use the 5-4-3-2-1 grounding method
  - Write down what I feel \_\_\_\_\_
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### People I can reach out to

### Affirmations

This feeling will pass

I've survived this before

I can take it one step at a time

### Notes

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### Doodle





## END OF MONTH REFLECTION

This month I learned

What improved

What still feels hard

My mental health rating

A promise to myself  
next month

Monthly Mood  
Summary

Highlight of the month

One habit I built

One thing I will stop

Affirmation for next month

