



Self-Care Planner

Daily, Weekly, and Monthly Trackers





Self-Care Goals



Physical

- Add your thoughts and ideas here. Press "T" to add a new one!



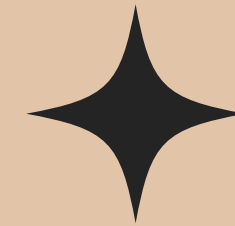
Mental

- Add your thoughts and ideas here. Press "T" to add a new one!

Emotional

- Add your thoughts and ideas here. Press "T" to add a new one!

Kind Things to Remind Myself When Things Get Tough



- Add your thoughts and ideas here. Press "T" to add a new one!

Inspiration Board



Daily Gratitude - Morning ✨

Date:

January 1

3 things I'm thankful for:

Double click to add your answers

3 things that will make today amazing:

3 things I look forward to:

Daily Affirmation:

I am loved. I am capable. I am enough.

Daily Gratitude - Evening ✨

Date:

January 1

3 amazing things that happened today:	Double click to add your answers
3 people I'm grateful for:	
3 things I look forward tomorrow:	

What could make today even better?

Continue living in the moment.

Daily Self-Care Check-In ✨

Date:

January 1

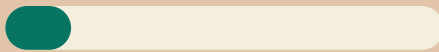
Time

8:00 AM

How I feel
at the
moment



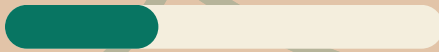
Hunger level



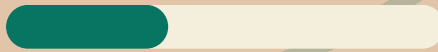
Stress level



Happiness level



Hunger level



Sadness level

GIF that describes
me at the moment

Daily Self-Care Checklist ✨



- Took a bath
- Brushed my hair
- Wore comfortable clothes
- Made myself a good meal
- Did some stretches

- Texted a friend
- Listened to my favorite song
- Smiled
- Replaced a bad thought with a good one
- Found animal memes



Weekly Self-Care Tracker ✨

Week:

January 1-7

Date	Day	Sleep well	Meditate	Exercise	Journal	Eat Well
January 1	Sunday					
January 2	Monday					
January 3	Tuesday					
January 4	Wednesday					
January 5	Thursday					
January 6	Friday					
January 7	Saturday					

Monthly Self-Care Tracker ✨

Month:

January

Goal:

Express gratitude daily

Week #	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	★			★		★	
2		★					
3			★		★		★
4	★			★		★	
5							

Self-Care Ideas to Cure a Bad Day

Physical	Mental	Emotional
<p>Double click to add your self-care ideas</p>		