

 *The Ultimate*
SELF-CARE
P L A N N E R
#TakingBackMeTime!





This *Selfcare Planner*
belongs to:





Selfcare Ideas

- ✦ Meditate
- ✦ Take a walk
- ✦ Pilates
- ✦ Clean your space
- ✦ Read a book
- ✦ Journal
- ✦ Watch funny videos
- ✦ Meal prep
- ✦ Skin care routine
- ✦ Manicure/pedicure
- ✦ No electronics hour
- ✦ Try a new recipe
- ✦ Drink tea
- ✦ Watch your favorite show
- ✦ Create art
- ✦ Take a hot bath or shower
- ✦ Listen to a podcast
- ✦ Learn a new language
- ✦ Have a movie night
- ✦ Bake your favorite treat
- ✦ Eat a healthy meal
- ✦ Go to a cafe
- ✦ Have a solo dance party

- ✦ Call a friend
- ✦ Stretch
- ✦ Drink enough water
- ✦ Light a candle
- ✦ Cry! Let out your emotions
- ✦ Go to a break room
- ✦ Cuddle a person (or pet!)
- ✦ Hang out with a friend
- ✦ Buy yourself flowers
- ✦ Have a lazy pajamas day
- ✦ Organize your closet
- ✦ Get enough sleep
- ✦ Avoid toxic people
- ✦ Be easy on yourself
- ✦ Say no more (without guilt!)
- ✦ Try a new activity
- ✦ Make a vision board
- ✦ Practice deep breathing
- ✦ Write a gratitude list
- ✦ Sleep in
- ✦ Get your hair done
- ✦ Go on a bike ride
- ✦ Delete social media



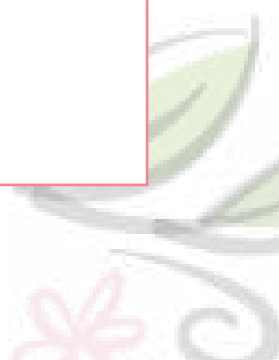
Selfcare Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY



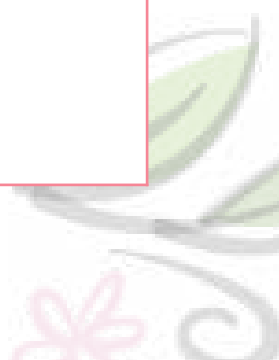
March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY



April

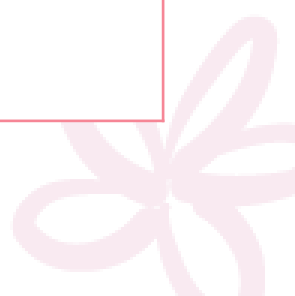
SUNDAY	MONDAY	TUESDAY	WEDNESDAY





May

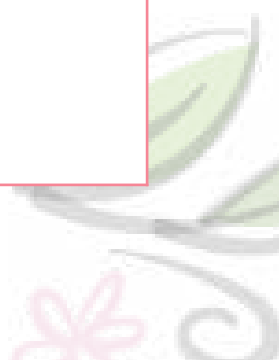
SUNDAY	MONDAY	TUESDAY	WEDNESDAY





June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY



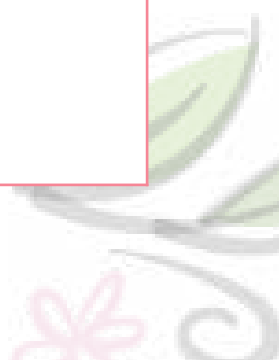
July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY



August

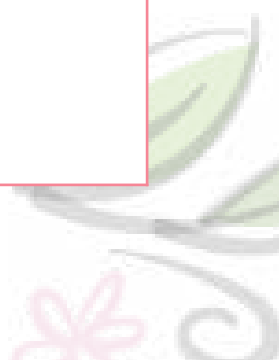
SUNDAY	MONDAY	TUESDAY	WEDNESDAY





October

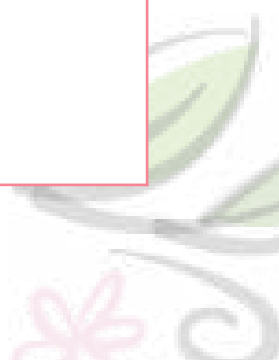
SUNDAY	MONDAY	TUESDAY	WEDNESDAY





December

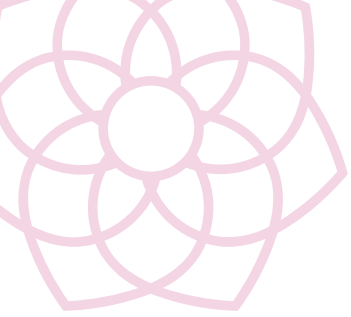
SUNDAY	MONDAY	TUESDAY	WEDNESDAY



Weekly Meal & Exercise Plan

WEEK OF:

	MEAL	EXERCISE
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		



My Wellness Goals

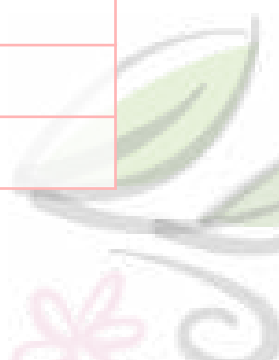
MY WELLNESS GOALS

TAKE CARE OF MY MIND

TAKE CARE OF MY BODY

TAKE CARE OF MY SOUL

ACTION PLAN



Create Selfcare Plan

WHAT ARE MY GOALS IN LIFE?

WHAT ARE MY VALUES?

WHAT MAKE ME FEEL HAPPY? WHAT
MAKES ME FEEL WORSE?



Gratitude Tracker

PEOPLE

PLACES

THINGS

EXPERIENCES

WORK

MISCELLANEOUS



Weekly Skincare Tracker

WEEK OF:



Morning Routine

STEP	REGIMEN	M	T	W	T	F	S	S
CLEANSER								
EXFOLIANT								
TONER								
SERUM								
MOISTURIZER								
SUNSCREEN								



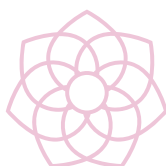
Weekly Skincare Tracker

WEEK OF:



Evening Routine

STEP	REGIMEN	M	T	W	T	F	S	S
CLEANSER								
EXFOLIANT								
TONER								
SERUM								
MOISTURIZER								
MASK								



Weekly Selfcare Habits

WEEK OF:



Morning Routine

SELFCARE HABIT

M	T	W	T	F	S	S



Weekly Selfcare Habits

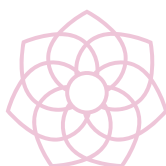
WEEK OF:



Evening Routine

SELFCARE HABIT

M	T	W	T	F	S	S



Daily Skincare Routine



CLEANSING

TONING

EXFOLIATING

MOISTURIZING

SUN PROTECTION

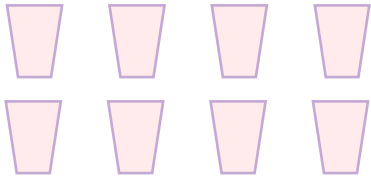
Monday

DATE

MY SELFCARE PLAN TODAY

PRIORITIES AND BOUNDARIES

WATER



EXERCISES

GRATITUDE

SLEEP



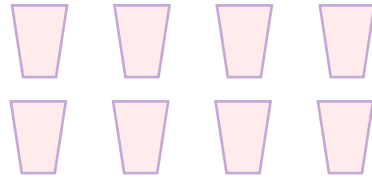
Tuesday

DATE

MY SELFCARE PLAN TODAY

PRIORITIES AND BOUNDARIES

WATER



EXERCISES

GRATITUDE

SLEEP



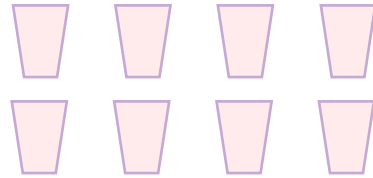
Wednesday

DATE

MY SELFCARE PLAN TODAY

PRIORITIES AND BOUNDARIES

WATER



EXERCISES

GRATITUDE

SLEEP



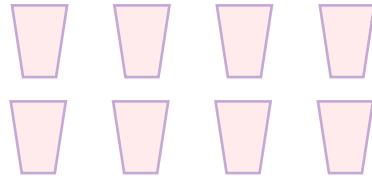
Thursday

DATE

MY SELFCARE PLAN TODAY

PRIORITIES AND BOUNDARIES

WATER



EXERCISES

GRATITUDE

SLEEP



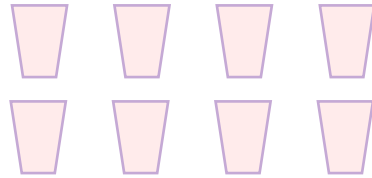
Friday

DATE

MY SELFCARE PLAN TODAY

PRIORITIES AND BOUNDARIES

WATER



EXERCISES

GRATITUDE

SLEEP



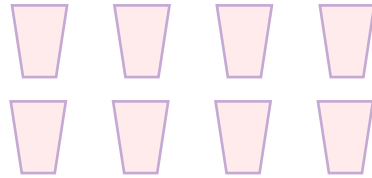
Saturday

DATE

MY SELFCARE PLAN TODAY

PRIORITIES AND BOUNDARIES

WATER



EXERCISES

GRATITUDE

SLEEP



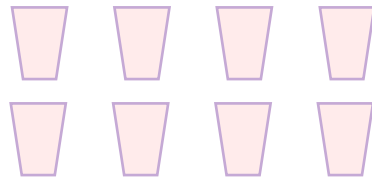
Sunday

DATE

MY SELFCARE PLAN TODAY

PRIORITIES AND BOUNDARIES

WATER



EXERCISES

GRATITUDE

SLEEP





