



SELF-CARE Planner

[HTTPS://HOLISTICLIFEBYKATE.COM/](https://holisticlifebykate.com/)

Holistic Life by Kate



SELF-CARE Planner

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EMOTIONAL CARE

Name:

DAILY EMOTIONAL CARE ROUTINE

DAILY EMOTIONAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

MENTAL CARE

Name:

DAILY MENTAL CARE ROUTINE

DAILY MENTAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

PHYSICAL CARE

Name:

DAILY PHYSICAL CARE ROUTINE

DAILY PHYSICAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

SPIRITUAL CARE

Name:

DAILY SPIRITUAL CARE ROUTINE

DAILY SPIRITUAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

SOCIAL CARE

Name:

DAILY SOCIAL CARE ROUTINE

DAILY SOCIAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Daily self-care checklist

quality sleep & rest

healthy meals &
water intake

body care

mindfulness
exercises

connect with people
& nature

exercise/stretch

vitamins/meditation

Week mood tracker

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MONTHLY SELF-CARE PLANNER

MONTHLY FOCUS

-
-
-
-
-

DATES TO REMEMBER

-
-
-
-
-

NOTES

GOALS

-
-
-
-
-
-
-
-
-
-
-

DAILY TREAT YOURSELF CHECKLIST

GET
CREATIVE/
FEED YOUR
PASSION

READING

TALKING TO
A FRIEND

OUTSIDE
ACTIVITY

COMFORT
FOOD

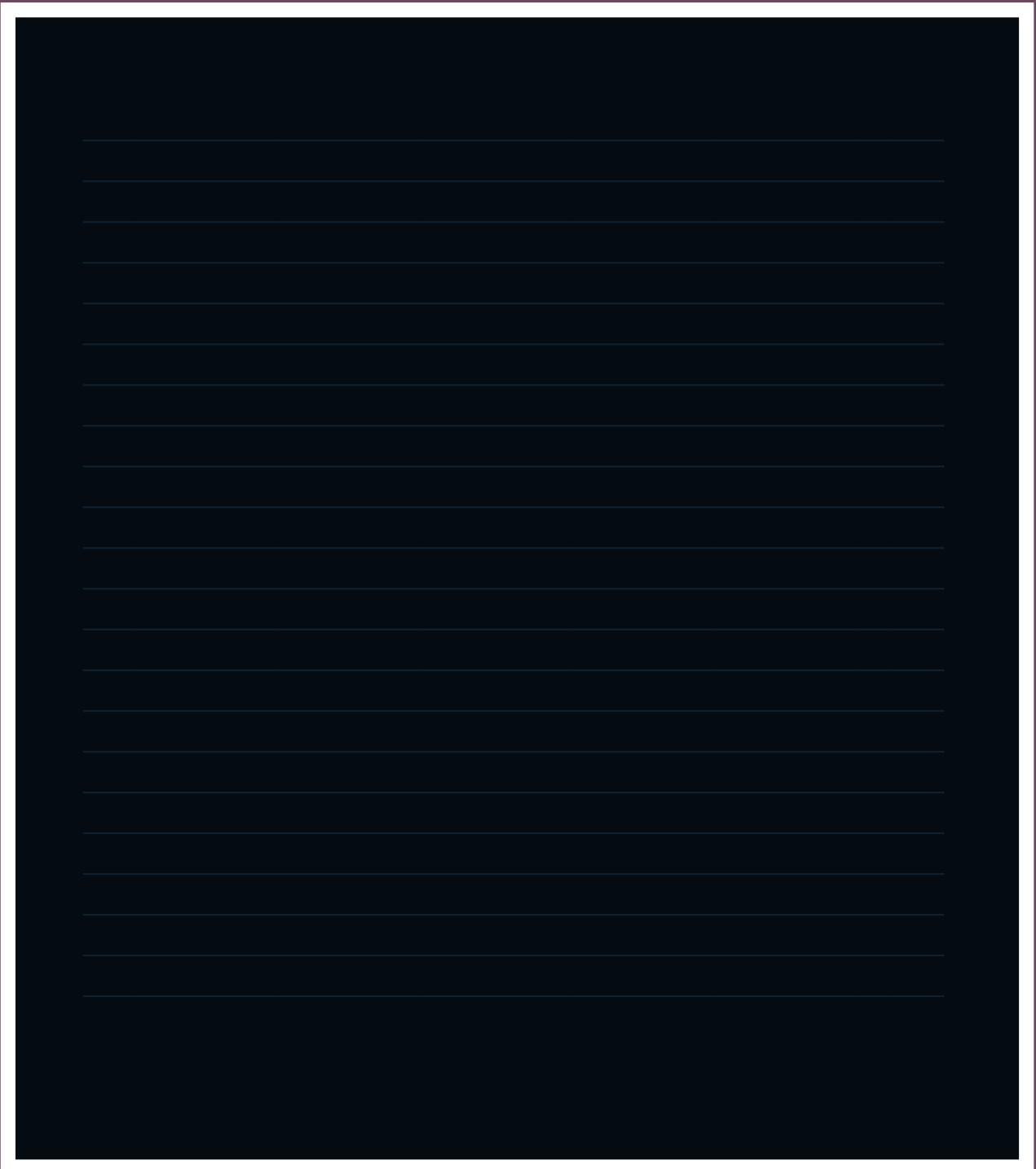
GUILTY
PLEASURE
TIME

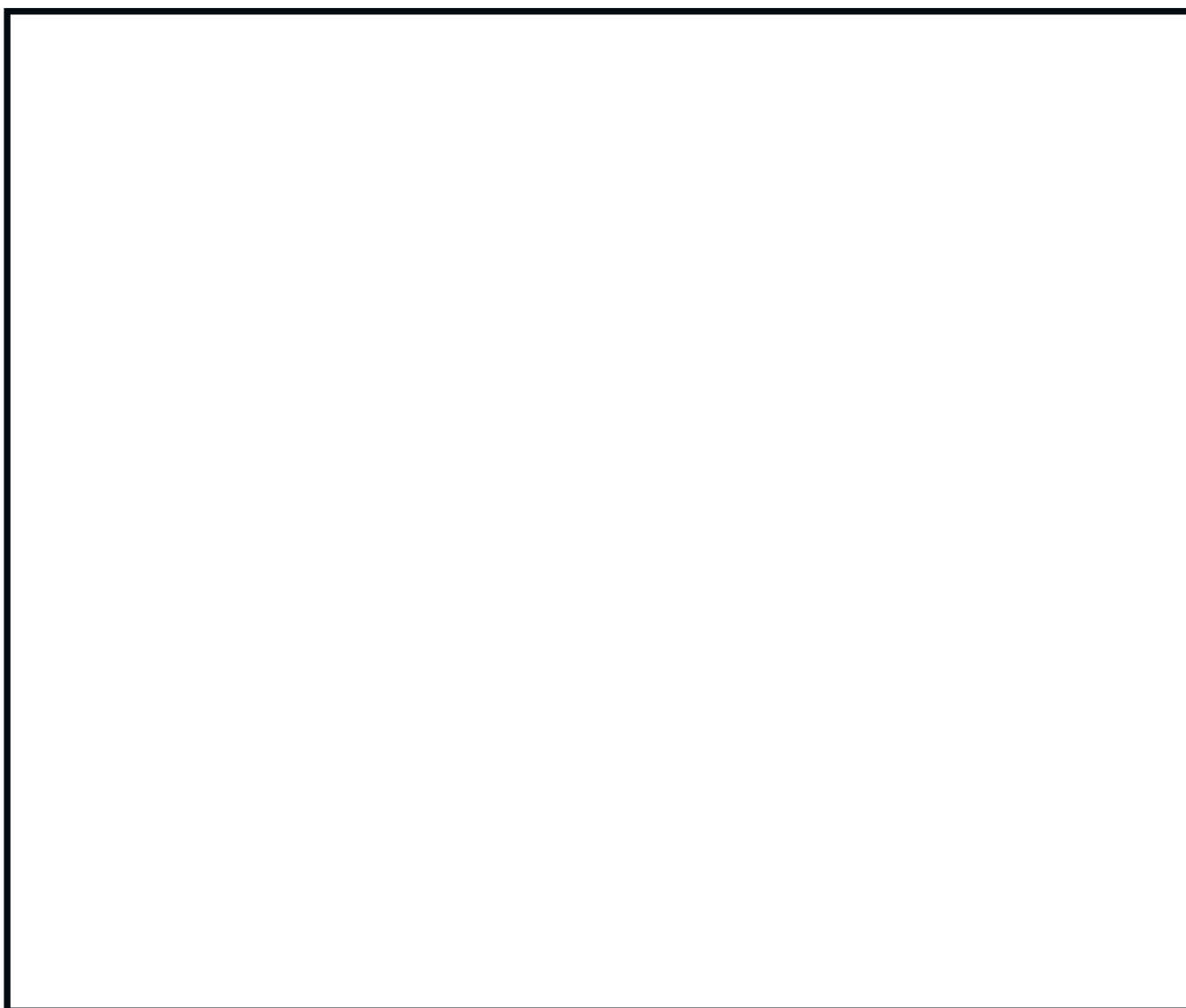
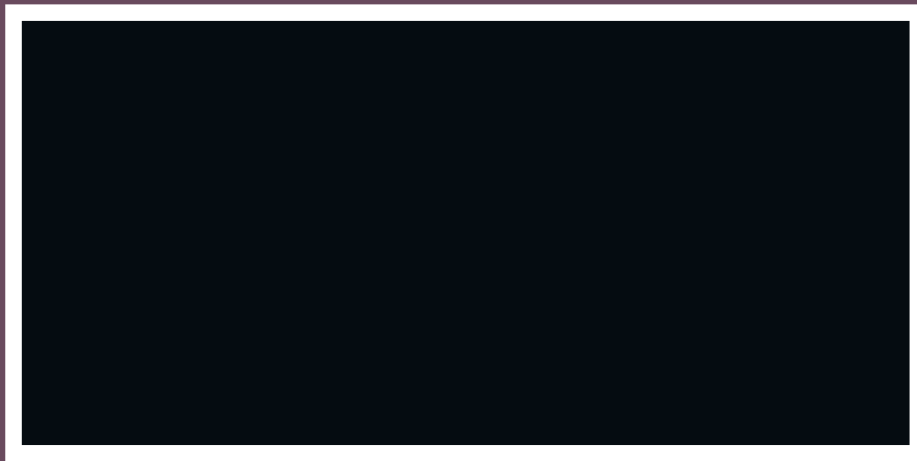
MINDFUL
RELAX

Focus on yourSELF checklist

- Self-reflection
- Self-compassion
- Self-love
- Self-awareness
- Self-respect
- Self-esteem
- Self-discovery
- Self-belief
- Self-expression
- Mirror technique
- Positive self-talk

SELF-REFLECTION JOURNAL

A large black rectangular area with horizontal white lines, serving as a writing space for the journal. The lines are evenly spaced and extend across the width of the black area. The entire black area is framed by a white border.



SELF-CARE NEEDS CHECKLIST

Quality sleep

Healthy diet

Quality time with loved ones

Meditation

Mindfulness practice techniques

Exercise

Healthy guilty pleasures

Creative work

Journal

Gratitude practice

NOTES

MORNING SELF-CARE ROUTINE

MON TUE WED THU FRI SAT SUN

Wake up early

Make up bed

Breathing exercises

Lemon water

Coffee/Tea

Reading

Visualisation

Meditation

Journal

Set goals & tasks for
the next day

Exercise

Shower/Bath

Healthy breakfast

Meals organisation

Positive thoughts &
affirmations

NIGHTLY SELF-CARE ROUTINE

MON TUE WED THU FRI SAT SUN

Yoga or stretch

Meditation

Dinner

Healthy snack

Hot bath/shower

Switch off the
electronic devices

Journal

Set goals for
tomorrow

Mindful relaxation

Glass of water

Tidy up

Reading

Gratitude practice

Relaxing music

Bring the bedroom's
temperature down

SELF-CARE IDEAS FOR A BAD DAY



GRATITUDE JOURNAL

What are you grateful for:

SELF-DATE IDEAS

Outdoors

Indoors

WEEK SELF-CARE CHALLENGE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|--------|---------|-----------|----------|--------|
| MENTAL | | | | | |
| PHYSICAL | | | | | |
| SPIRITUAL | | | | | |
| EMOTIONAL | | | | | |
| SOCIAL | | | | | |

GRATITUDE LIST


MIND

BODY

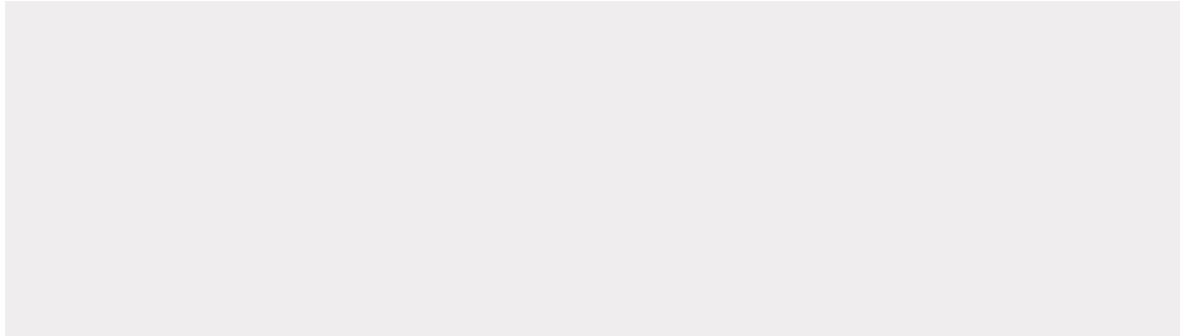
SPIRIT

5 dimensions of self-care

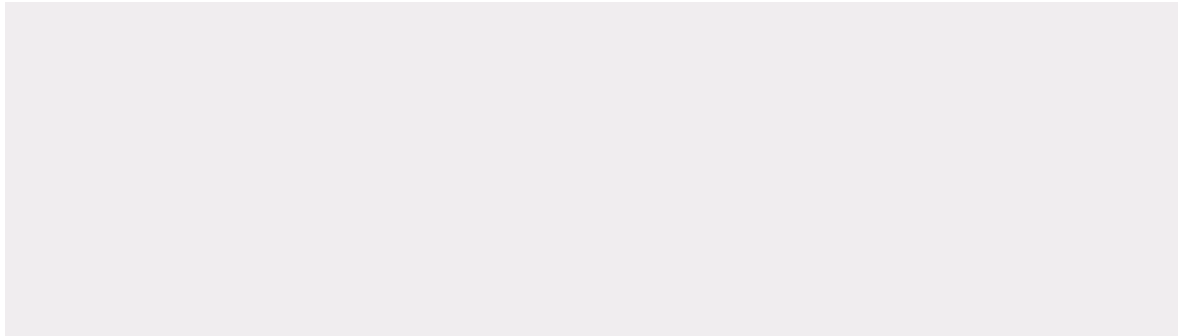
MENTAL



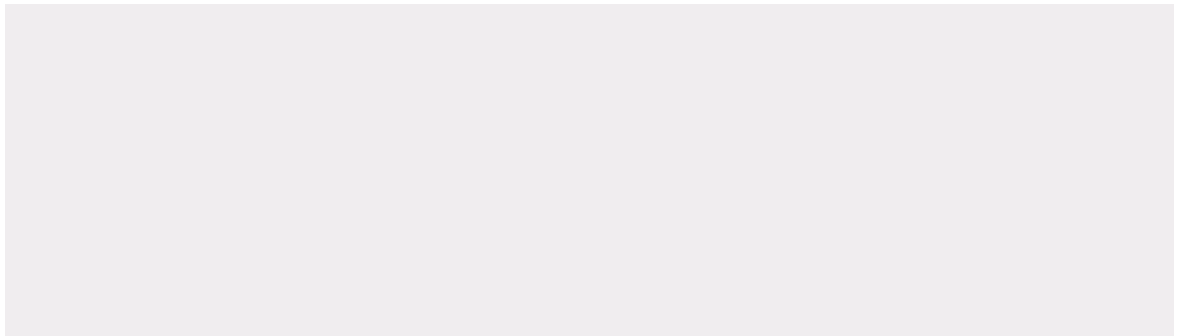
PHYSICAL



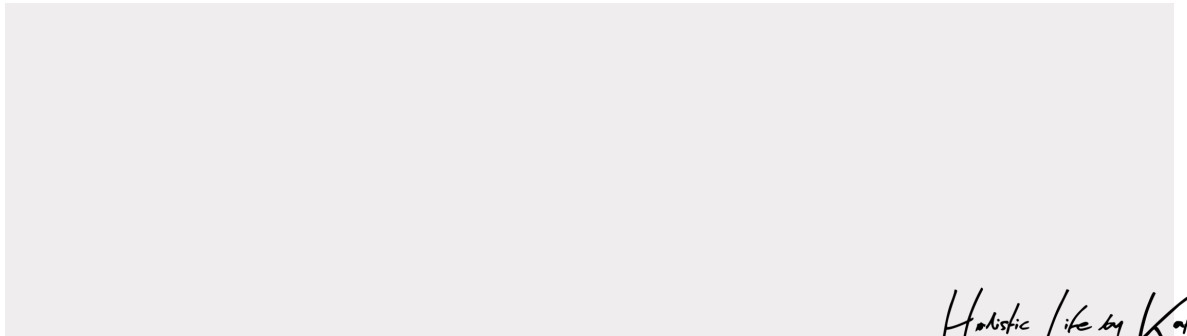
SPIRITUAL



EMOTIONAL



SOCIAL



Notes

DREAMS & NIGHTMARES

Forgiven not Forgotten Self-Healing Journal

DAILY SELF-CARE CHECKLIST

date __/__/__

AM

PM

Becoming your BEST SELF

GOALS

A large white rectangular area intended for writing goals, occupying the central portion of the page below the title and above the footer.



SELF-CARE JOURNEY

Let your self-care journey begins!

best wishes

xx Kate

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