



Self Care Planner



Schedule

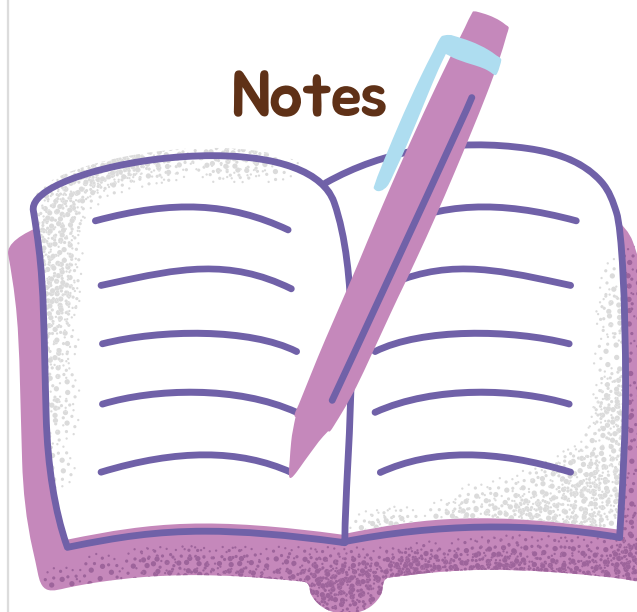


Priorities

Nutrition Check

- ☐ Breakfast
- ☐ Lunch
- ☐ Dinner

Notes



Self Care Planner

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S M T W T F S

DATE:

My Schedule

My Top Priorities

To Do List

Daily Nutrition

Breakfast

Lunch

Dinner

Snack

Self Care Rituals

S M T W T F S

DATE:

Morning Rituals

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M

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W

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F

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Evening Rituals

S

M

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W

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F

S



Self Care Intention

S M T W T F S

DATE:

Physical Self Care

Emotional Self Care

Spiritual Self Care

Intellectual Self Care

Social Self Care

Environmental Self Care

Questions To Myself

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DATE:

What is my main goal in life?

What are my strengths?

What do I love about myself?

Who matters the most to me?

What am I ashamed of?

What do I like to do for fun?

What am I worried about?

Where do I feel safest?

Who gives me comfort?

What is my happiest memory?

What keeps me grounded?

What am I grateful for?

Personal Notes

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S M T W T F S

DATE:

