

SELF-CARE PLANNER

Date: _____ Month: _____ Year: _____

Today's mood



Things that made me happy today

1.
2.
3.
4.
5.

Self-care list

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Affirmation

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Inspiration

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