

2024

Self Care Planner



This Book Belongs To

2024

CALENDAR

January

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Daily Journal

Date:

Gratitude:

6:00 PM:

7:00 PM:

8:00 PM:

9:00 PM:

10:00 PM:

11:00 PM:

12:00 AM:

1:00 AM:

2:00 AM:

3:00 AM:

4:00 AM:

5:00 AM:

6:00 AM:

7:00 AM:

8:00 AM:

9:00 AM:

10:00 AM:

11:00 AM:

12:00 PM:

1:00 PM:

Today's Goal

Self Care

Meals

Exercise

Weekly Journal

Week Of:

[illegible]

Hours Of Sleep	Sun		Mon	Tue	Wed	Thu	Fri	Sat
	5							
	6							
	7							
	8							
	9							

Overall Mood	Sun		Mon	Tue	Wed	Thu	Fri	Sat
	1							
	2							
	3							
	4							
	5							

[illegible]

January

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

2024

Friday	Saturday	Sunday	To-Do List
<div></div>	<div>6</div>	<div>7</div>	<div></div>
<div>12</div>	<div>13</div>	<div>14</div>	<div></div>
<div>19</div>	<div>20</div>	<div>21</div>	<div></div>
<div>26</div>	<div>27</div>	<div>29</div>	<div></div>
			<div>Notes</div>

February

Monday	Tuesday	Wednesday	Thursday
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

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[illegible]

March

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

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[illegible]

April

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30		

2024

[illegible]

May

Monday	Tuesday	Wednesday	Thursday
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

2024

[illegible]

June

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27

2024

[illegible]

July

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

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[illegible]

August

Monday	Tuesday	Wednesday	Thursday
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

2024

[illegible]

September

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30			

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[illegible]

October

Monday	Tuesday	Wednesday	Thursday
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

2024

[illegible]

November

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

2024

[illegible]

December

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

2024

[illegible]

Routine Tracker

Morning

[illegible]

Evening

[illegible]

This Makes Me Unhappy

This Makes Me Unhappy

Can It Chance It?

☐ Yes ☐ No

What Can I Do To Change				
	This Situation?			

[illegible]

This Makes Me Unhappy

Can It Chance It?

☐ Yes ☐ No

What	Can	I	Do	To	Change
	This	Situation?			

[illegible]

This Makes Me Unhappy

Can It Chance It?

☐ Yes ☐ No

What	Can	I	Do	To	Change
	This	Situation?			

[illegible]

This Makes Me Happy

This Makes Me Happy

How Good Does It Make Me Feel?

How Often Should I Do It

This Makes Me Happy

How Good Does It Make Me Feel?

How Often Should I Do It

This Makes Me Happy

How Good Does It Make Me Feel?

How Often Should I Do It

Self Care Goals

Goals For The Mind

[illegible]

Goals For The Body

[illegible]

Daily Wellness Tracker

Wake Up Time: _____ Hours Slept: _____

Mood:

0%

Energy Level

100%

Water:



Bed Time

Meals

Exercise

Self Care

[illegible]

Gratitude

Thoughts

Notes

[illegible]

Weekly Wellness Tracker

	Monday	Tuesday	Wednesday	Thursday
Wake Up				
Mood				
Energy				
Water				
Water				
Exercise				
Breakfast				
Lunch				
Dinner				
Gratitude				
Time Me				
Medication				
Bed Time				
Hours Slept				
Sleep Quality	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★

Weekly Wellness Tracker

	Friday	Saturday	Sunday	Notes
Wake Up				
Mood				
Energy				
Water				
Water				
Exercise				
Breakfast				
Lunch				
Dinner				
Gratitude				
Time Me				
Medication				
Bed Time				
Hours Slept				
Sleep Quality	★★★★★	★★★★★	★★★★★	★★★★★

Reframe Your Thoughts

Situation	
Negative Thoughts	Positive Thoughts

Situation	
Negative Thoughts	Positive Thoughts

Situation	
Negative Thoughts	Positive Thoughts

Gratitude Journal

I am Gratitude For:

Date:

I am Gratitude For:

Date:

I am Gratitude For:

Date:

I am Gratitude For:

Date:

Dear Future Self

A series of horizontal dotted lines for writing.

Favorite Quotes

Source:

Source:

Source:

Source:

Daily Gratitude

[illegible][illegible]

Period Tracker

[illegible]

Mood Tracker

[illegible]

Sleep Tracker

[illegible]

30 Days Challenge

1		Challenge
2		
3		
4		
5		
6		
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13		Notes
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29		
30		

Self Care Checklist

[illegible]

30 Days Of Gratitude

1	
2	
3	
4	
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29	
30	

Notes

*Thank
You*