

# WEEKLY SELF-CARE PLAN

Month : .....

Week : .....

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Affirmations

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## To Do List

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# SELF CARE

## PLANNER



### To do list

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### Today's Focus

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### Reminder

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### Notes

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# Monthly Self-Care Planner



## MIND

### MIND

Mindfulness and self-knowledge

### SOUL

Stimulation and fulfillment

## BODY

### SELF-CARE

Basic hygiene and body care

### IMPROVEMENT

Exercise, sleep, and healthy food

## NOTES

## GOALS FOR MY MIND

## GOALS FOR MY BODY