

SELF-CARE PLANNER

GOALS FOR MY MIND

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● MIND

- Mental health
- Mindfulness and self knowledge

GOALS FOR MY BODY

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● BODY

- Self-care
- Hygiene, body care, exercise, sleep, and healthy food.

GOALS FOR MY SPIRIT

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● SPIRIT

- Uplifting
- Stimulation and fulfillment

GOOD RULES & HABITS I WANT TO LIVE BY

MY SUPPORT & SOCIAL CIRCLE