

# (Daily) SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S M T W T F S

## C H E C K L I S T

- |   |  |
|---|--|
| <input type="checkbox"/> MAKE YOUR BED                    | <input type="checkbox"/> TAKE A LONG BATH            |
| <input type="checkbox"/> TAKE YOUR MEDICATIONS & VITAMINS | <input type="checkbox"/> DO A FACE MASK              |
| <input type="checkbox"/> SKINCARE ROUTINE                 | <input type="checkbox"/> CALL A FRIEND OR FAMILY     |
| <input type="checkbox"/> HEALTHY MEALS                    | <input type="checkbox"/> MEDITATION                  |
| <input type="checkbox"/> GO FOR A WALK                    | <input type="checkbox"/> WATCH A MOVIE               |
| <input type="checkbox"/> CLEANING HOUSE                   | <input type="checkbox"/> CUDDLE A PET OR HUMAN       |
| <input type="checkbox"/> WASHING CLOTHES                  | <input type="checkbox"/> TRY A NEW RESTAURANT        |
| <input type="checkbox"/> LISTEN TO MUSIC                  | <input type="checkbox"/> MAKE TIME TO READ           |
| <input type="checkbox"/> HAVE A POWER NAP                 | <input type="checkbox"/> TRY A NEW RECIPE            |
| <input type="checkbox"/> SOCIAL MEDIA BREAK               | <input type="checkbox"/> NO PHONE 30 MINS BEFORE BED |

### WORKOUT

- |                                  |                                   |                                |
|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> CARDIO  | <input type="checkbox"/> WEIGHT   | <input type="checkbox"/> YOGA  |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> REST DAY | <input type="checkbox"/> OTHER |

### HOURS OF SLEEP (Hours)



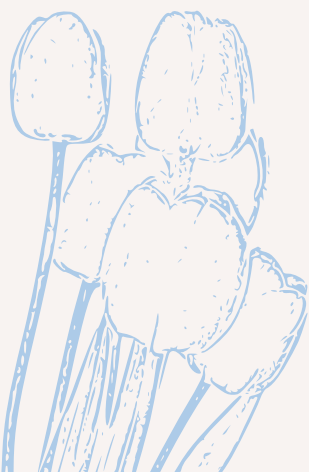
### WATER BALANCE (Glass)



### MOOD



THINGS THAT  
MAKE ME  
HAPPY TODAY



# DAILY PLANNER

DATE:

M T W T F S S

TOP PRIORITY: \_\_\_\_\_

## TO DO LIST

[illegible]

## SCHEDULE

[illegible]

## MEAL PLAN

water



breakfast

lunch

dinner

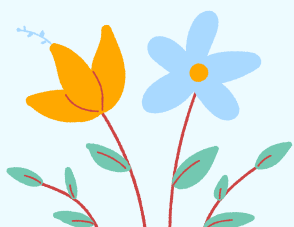
## SHOPPING LIST

NOTES:



# WEEKLY CHORES

Daily responsibility	m	t	w	th	f	s	s
Breakfast							
Check-in with school							
Snack							
Check-in with school							
Lunch							
After-school class							
Watch tv or go outside							
Dinner							
Bath time							
Bed time							



**YOU GOT THIS!**



# CLEANING CHECKLIST



## KITCHEN & DINING AREA

- ☐ Clean countertops
- ☐ Wipe down cabinets and drawers
- ☐ Clean sink and faucet
- ☐ Stove: clean top, front, and inside
- ☐ Oven: clean inside and outside
- ☐ Microwave: clean inside and outside
- ☐ Refrigerator: clean outside and inside
- ☐ Dishwasher: clean outside and inside
- ☐ Sweep and mop floor

## LIVING ROOM

- ☐ Dust surfaces (tables, shelves, etc.)
- ☐ Vacuum or sweep floors
- ☐ Clean windowsills
- ☐ Dust blinds or curtains
- ☐ Dust light fixtures
- ☐ Clean baseboards
- ☐ Vacuum upholstery (sofas, chairs)
- ☐ Clean ceiling fans
- ☐ Fluff and arrange cushions

## MASTER BATHROOM

- ☐ Clean toilets (including bowl, seat and base)
- ☐ Scrub shower/tub (including tiles, grout, and showerhead)
- ☐ Clean sink and faucet
- ☐ Wipe down mirrors
- ☐ Clean light fixtures
- ☐ Clean counters, cabinets
- ☐ Sweep and mop floor
- ☐ Check exhaust fan
- ☐ Clean walls and baseboards
- ☐ Empty trash can
- ☐ Change towels

## MASTER BEDROOM

- ☐ Dust surfaces
- ☐ Vacuum or sweep floors
- ☐ Dust blinds or curtains
- ☐ Clean baseboards
- ☐ Make bed

## LAUNDRY 1/2

- ☐ Clean washer and dryer
- ☐ Vacuum or sweep floors
- ☐ Organize and straighten items

# Habit Tracker

WEEK OF \_\_\_\_\_

[illegible]

# MONTHLY BUDGET PLANNER

Budget Goal: \_\_\_\_\_

Month: \_\_\_\_\_

## Income

Date	Description	Amount
Total		

## Fixed Expenses

Date	Description	Amount
Total		

## Other Expenses

Date	Description	Amount
Total		

## Bills

Date	Description	Amount
Total		

## Recap

	Goal	Actual	Difference
Earned			
Spent			
Debt			
Saved			

# Food journal

Week:	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Rate your week	○ ○ ○ ○ ○

Week:	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Rate your week	○ ○ ○ ○ ○

Week:	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Rate your week	○ ○ ○ ○ ○

Week:	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Rate your week	○ ○ ○ ○ ○

Week:	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Rate your week	○ ○ ○ ○ ○

Week:	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Rate your week	○ ○ ○ ○ ○

# Weekly Planner

Name:

Date:

Monday



Tuesday



Wednesday



Thursday



Friday

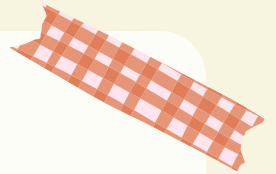


Saturday

Sunday



Notes:



Do not forget:

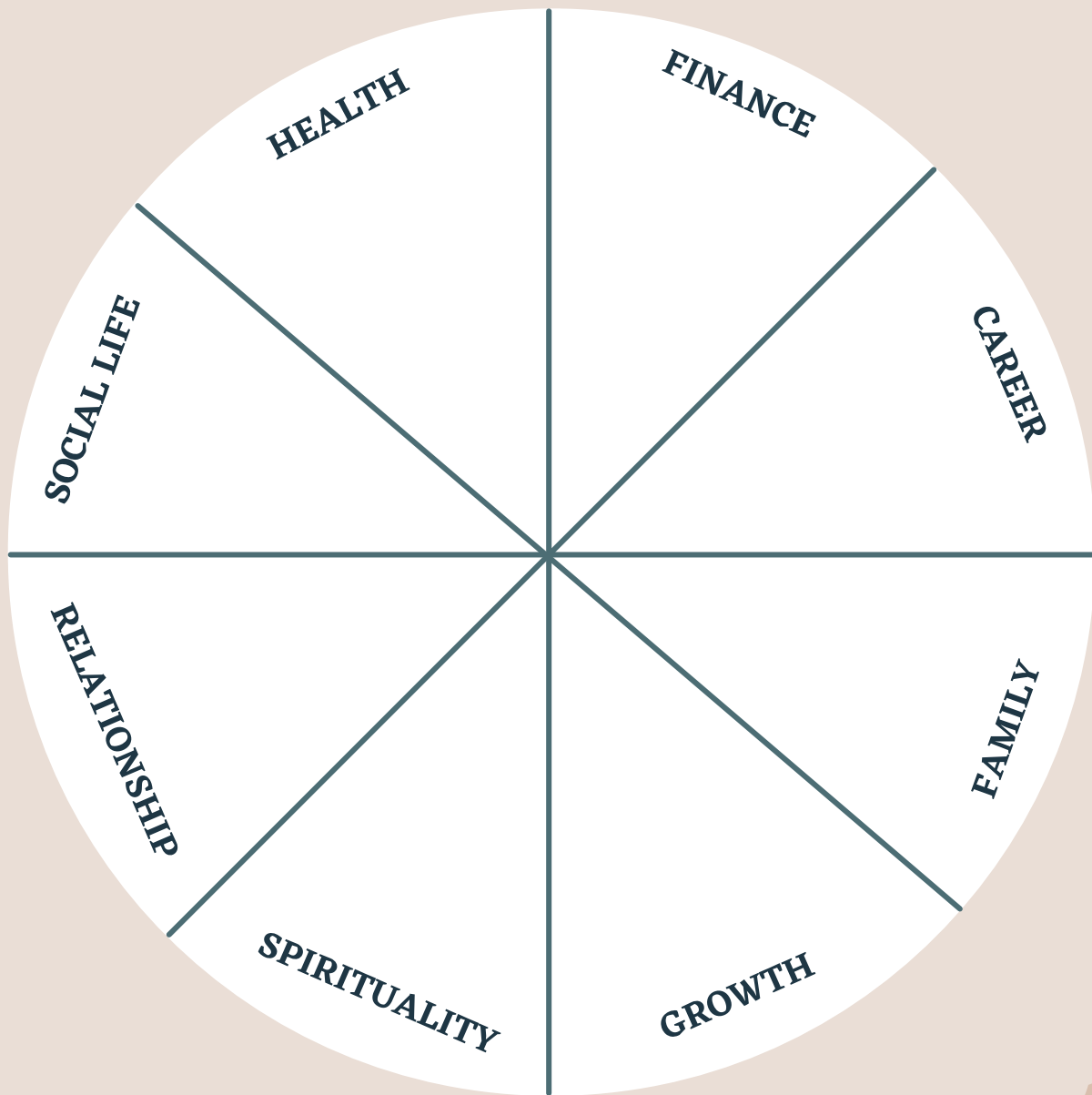




# WHEEL OF LIFE

## Assess Your Life

Assess your level of full for each theseoreas on a scale from  
the wheel of life



**WRITE DOWN YOUR DESIRED INTENTION 3 TIMES**

---

---

---

**WRITE DOWN YOUR DESIRED INTENTION 6 TIMES**

---

---

---

---

---

---

**WRITE DOWN YOUR DESIRED INTENTION 9 TIMES**

---

---

---

---

---

---

---

---

---

*manifest your dreams here*

# DAILY JOURNAL

DATE \_\_\_\_\_

## DAILY GRATITUDE

- ○ ○ ○ ○

## DAILY AFFIRMATION

## DAILY GOALS

- ☒ ☐ ☐ ☐ ☐ ☐

## DAILY CHALLENGE

## OTHER THOUGHTS

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and some minor blemishes or dust specks. The edges of the paper are slightly irregular.



# My Happiness Journal

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

M T W T H F S S

Today, I am Grateful For:

- 
- 
- 

One word to describe your day

My 'Glimmers'

Habits I want to continue:

- ✱
- ✱
- ✱
- ✱

My 'Not-To-Do' List

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



\_\_\_\_\_ was on repeat today 🎵

# MANIFESTATION PLANNER

DATE:

S M T W T F S

VISUALIZATION

I WANT  
TO MANIFEST

I SEE

---

---

I HAVE

---

---

I FEEL

---

---

LIMITING BELIEFS I NEED GET RID OF

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

MY DAILY AFFIRMATION

ACTION PLAN

MY PRAYER TO THE UNIVERSE