

# WEEKLY PLANNER



## PRIORITIES



WORK

LIFE

MIND

## GOALS



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## CHALLENGES

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## I'M EXCITED ABOUT

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## SELF-CARE GOALS

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# DAILY PLANNER

DATE:

(S) (M) (T) (W) (T) (F) (S)

GOALS



WATER INTAKE



MOOD



SLEEP: \_\_\_\_ HOURS

APPOINTMENT

TIME

EVENT

TIME	EVENT
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TO-DO LIST

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GRATITUDE LIST

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SMALL WINS

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FOR TOMORROW

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# SELF-CARE MENU

<input type="radio"/> Stretch all your muscles	<input type="radio"/> Do one thing at a time	<input type="radio"/> Go for a walk in nature	<input type="radio"/> Meditation	<input type="radio"/> Go to bed earlier
<input type="radio"/> Listen to favorite song	<input type="radio"/> Eat non-processed food	<input type="radio"/> Take a nice bubble bath	<input type="radio"/> Cook your favorite meal	<input type="radio"/> Practice yoga
<input type="radio"/> Go on a solo date	<input type="radio"/> Journaling	<input type="radio"/> Facial care	<input type="radio"/> Practice gratitude	<input type="radio"/> Spend time on a hobby
<input type="radio"/> Talk to a good friend	<input type="radio"/> Read a book	<input type="radio"/> Explore a new place	<input type="radio"/> Watch your favorite movie	<input type="radio"/> Do a braindump
<input type="radio"/> Get some sunlight	<input type="radio"/> Electronics-free night	<input type="radio"/> Write out your goals	<input type="radio"/> Organize your room	<input type="radio"/> Watch the sunset
<input type="radio"/> Give yourself a break	<input type="radio"/> Learn a new skill	<input type="radio"/> Write about your ideal future	<input type="radio"/> Track your finance	<input type="radio"/> Drink plenty of water