



# SELF-CARE Planner

[HTTPS://HOLISTICLIFEBYKATE.COM/](https://holisticlifebykate.com/)

*Holistic Life by Kate*



# SELF-CARE Planner

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# EMOTIONAL CARE

Name:

## DAILY EMOTIONAL CARE ROUTINE

## DAILY EMOTIONAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

# MENTAL CARE

Name:

## DAILY MENTAL CARE ROUTINE

## DAILY MENTAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

# PHYSICAL CARE

Name:

## DAILY PHYSICAL CARE ROUTINE

## DAILY PHYSICAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

# SPIRITUAL CARE

Name:

## DAILY SPIRITUAL CARE ROUTINE

## DAILY SPIRITUAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

# SOCIAL CARE

Name:

## DAILY SOCIAL CARE ROUTINE

## DAILY SOCIAL CARE RITUALS

Mon

Tue

Wed

Thu

Fri

Sat

Sun

# Daily self-care checklist

quality sleep & rest

healthy meals &  
water intake

body care

mindfulness  
exercises

connect with people  
& nature

exercise/stretch

vitamins/meditation



# Week mood tracker

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

# MONTHLY SELF-CARE PLANNER

## MONTHLY FOCUS

- .....
- .....
- .....
- .....
- .....

## DATES TO REMEMBER

- .....
- .....
- .....
- .....
- .....

## NOTES

## GOALS

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

# DAILY TREAT YOURSELF CHECKLIST

GET  
CREATIVE/  
FEED YOUR  
PASSION

READING

TALKING TO  
A FRIEND

OUTSIDE  
ACTIVITY

COMFORT  
FOOD

GUILTY  
PLEASURE  
TIME

MINDFUL  
RELAX

# Focus on yourSELF checklist

- Self-reflection
- Self-compassion
- Self-love
- Self-awareness
- Self-respect
- Self-esteem
- Self-discovery
- Self-belief
- Self-expression
- Mirror technique
- Positive self-talk

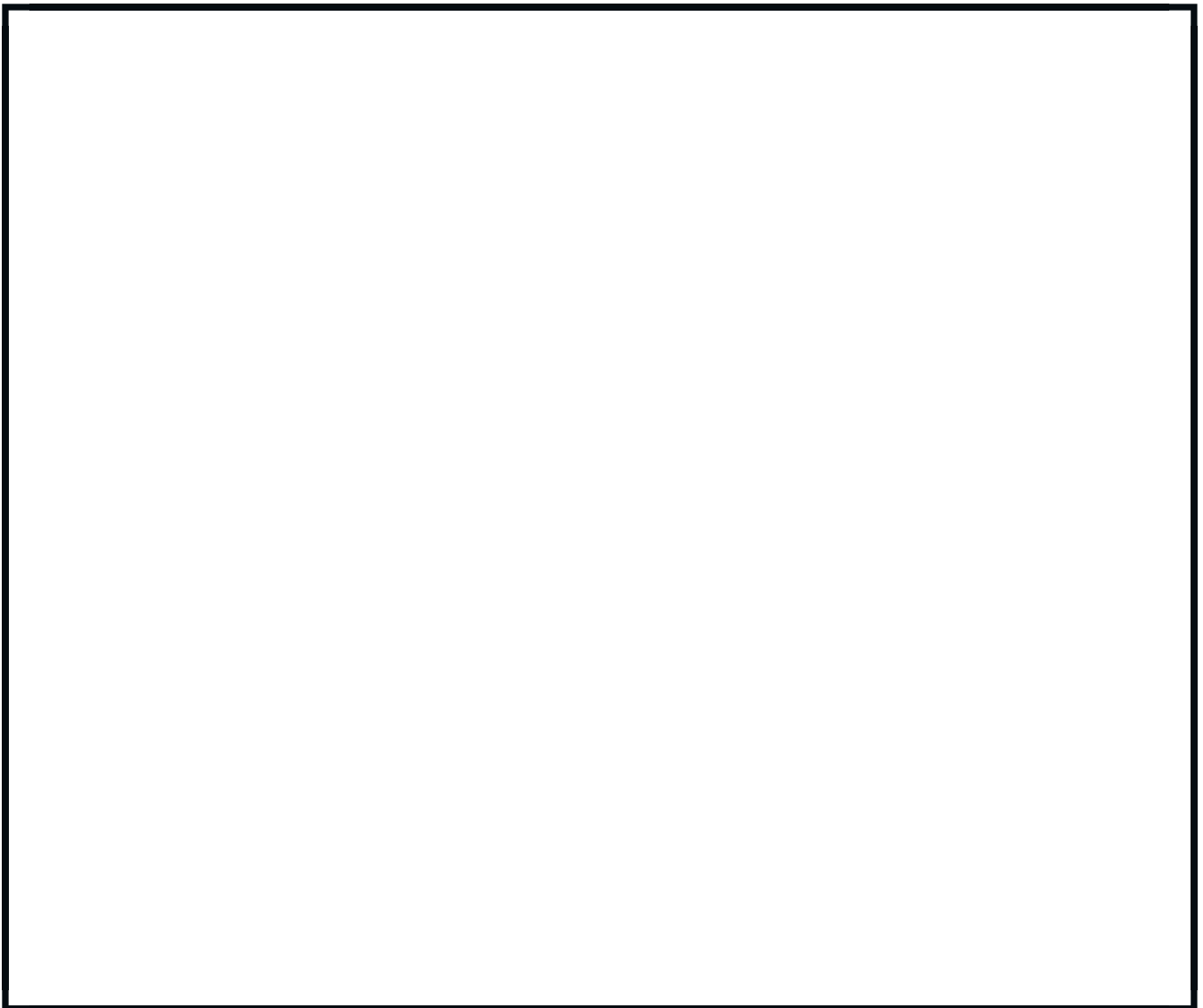
# SELF-REFLECTION JOURNAL

A large white rectangular area with a thick black border, containing 25 horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the rectangle, leaving a small margin on the right side.

# Positive thoughts & affirmations

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# SELF-CARE NEEDS CHECKLIST

Quality sleep

Healthy diet

Quality time with loved ones

Meditation

Mindfulness practice techniques

Exercise

Healthy guilty pleasures

Creative work

Journal

Gratitude practice

## NOTES

# MORNING SELF-CARE ROUTINE

MON TUE WED THU FRI SAT SUN

Wake up early

Make up bed

Breathing exercises

Lemon water

Coffee/Tea

Reading

Visualisation

Meditation

Journal

Set goals & tasks for  
the next day

Exercise

Shower/Bath

Healthy breakfast

Meals organisation

Positive thoughts &  
affirmations



# NIGHTLY SELF-CARE ROUTINE

MON TUE WED THU FRI SAT SUN

Yoga or stretch

Meditation

Dinner

Healthy snack

Hot bath/shower

Switch off the  
electronic devices

Journal

Set goals for  
tomorrow

Mindful relaxation

Glass of water

Tidy up

Reading

Gratitude practice

Relaxing music

Bring the bedroom's  
temperature down

# SELF-CARE IDEAS FOR A BAD DAY



# GRATITUDE JOURNAL

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What are you grateful for:

# SELF-DATE IDEAS

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## Outdoors

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## Indoors

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# WEEK SELF-CARE CHALLENGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENTAL					
PHYSICAL					
SPIRITUAL					
EMOTIONAL					
SOCIAL					

# GRATITUDE LIST

MIND

BODY

SPIRIT

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# 5 dimensions of self-care

**MENTAL**

**PHYSICAL**

**SPIRITUAL**

**EMOTIONAL**

**SOCIAL**

# Notes

*DREAMS & NIGHTMARES*



# Forgiven not Forgotten Self-Healing Journal

# DAILY SELF-CARE CHECKLIST

date \_\_/\_\_/\_\_

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AM

PM

# Becoming your BEST SELF

## GOALS



# SELF-CARE JOURNEY

Let your self-care journey begins!

best wishes

xx Kate

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