

Monthly Planner

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

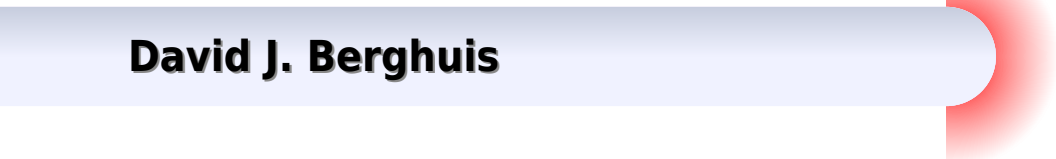
Goals for my mind

Goals for my body

*Good rules & habits
I want to live by:*

Planner Self Help

David J. Berghuis



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