

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

Guillaume Favre

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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