

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

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## Goals for my body

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Good rules & habits  
I want to live by:

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# Planner Self Help

**Jessica J Manson**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

## **Planner Self Help:**

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