

# 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**

**JS Bruner** 



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