

## 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**

**RS Peters** 



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