



SELF CARE PLANNER

JUMPING THROUGH HOOPS

WEEKLY BEAUTY ROUTINE

	FACE	BODY	HAIR
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

SKINCARE ROUTINE

ONCE A WEEK

TWICE A WEEK

THREE TIMES A WEEK

FOUR TIMES A WEEK

FIVE TIMES A WEEK

SKINCARE HABIT TRACKER

MONTH: _____

Habit		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Goal		Done								Reward							

Habit		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Goal		Done								Reward							

Habit		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Goal		Done								Reward							

Habit		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Goal		Done								Reward							

Habit		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Goal		Done								Reward							

Habit		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Goal		Done								Reward							

Habit		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Goal		Done								Reward							

SKINCARE GOALS

CURRENT SITUATION	SOLUTIONS
GOALS	NOTES

SKIN JOURNEY

MONTH: _____

Skin Evolution	1	2	3	4	5	6	7	8	9	10
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DRY 							OILY 			
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HOW I FEEL ABOUT MY SKIN	HOW I WOULD LIKE MY SKIN TO BE
	SOLUTIONS
MY MORNING SKIN ROUTINE	MY NIGHT SKIN ROUTINE
	
	
	
	
	
	
	

MY FAVORITE PRODUCTS

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

SKINCARE WISHLIST

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

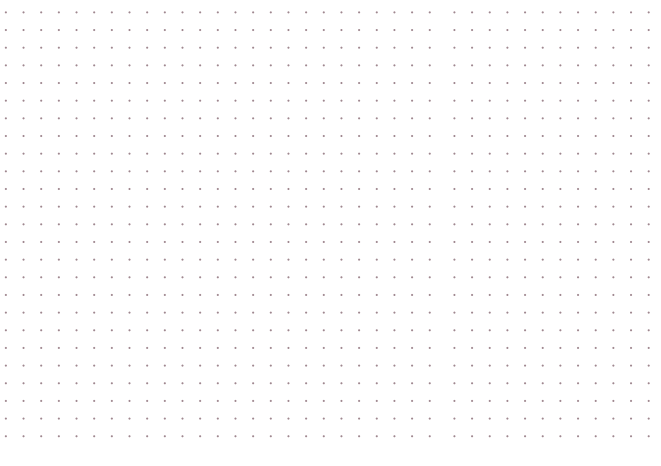




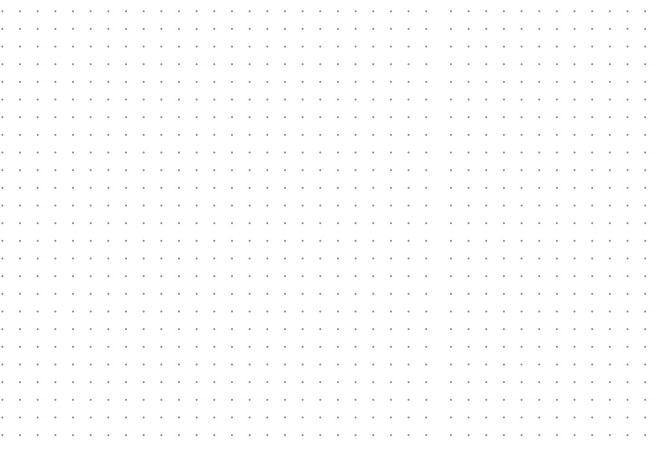









ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

PRODUCT REVIEWS

Product Brand		Date Bought		Price	
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Opinion	Similar Products
	
	BUY AGAIN YES  NO 
	RECOMMEND YES  NO 
Opinion	Similar Products
	
	BUY AGAIN YES  NO 
	RECOMMEND YES  NO 
Opinion	Similar Products
	
	BUY AGAIN YES  NO 
	RECOMMEND YES  NO 

MAKE UP WISHLIST

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

ITEM		PRICE
BRAND		

MAKE UP PRODUCTS

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

DIY BEAUTY PRODUCT

PRODUCT: _____

Ingredients	Instructions
How to use	Benefits

BEAUTY FACE MASK

Mask				Benefits
Source				
Apply		Leave On		
Week		Min		
Ingredients				

Mask				Benefits
Source				
Apply		Leave On		
Week		Min		
Ingredients				

Mask				Benefits
Source				
Apply		Leave On		
Week		Min		
Ingredients				

HAIR CARE ROUTINES

ONCE A WEEK

TWICE A WEEK

THREE TIMES A WEEK

FOUR TIMES A WEEK

FIVE TIMES A WEEK

HAIR CARE GOALS

CURRENT SITUATION	SOLUTION
GOALS	NOTES

HAIR CARE PRODUCTS

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

BODY CARE WISHLIST

ITEM:		PRICE
BRAND:		

ITEM:		PRICE
BRAND:		

ITEM:		PRICE
BRAND:		

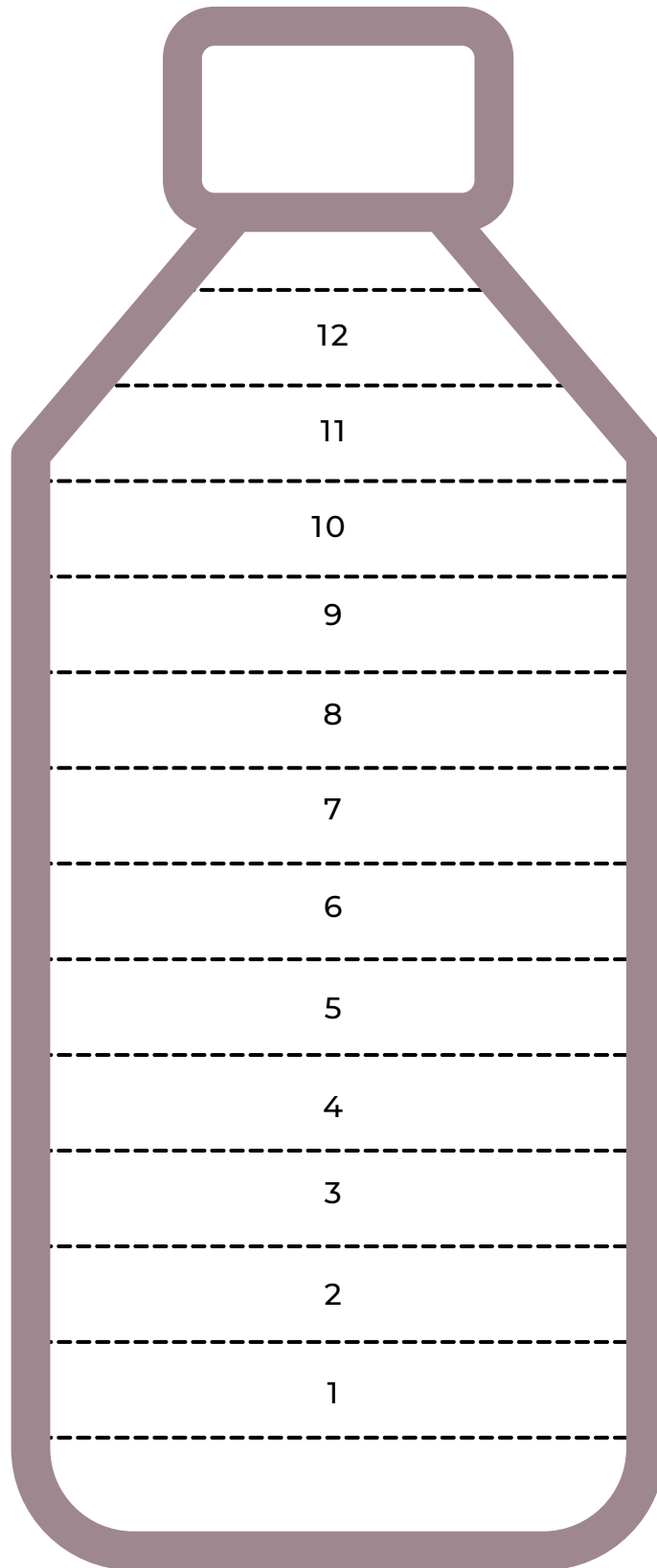
ITEM:		PRICE
BRAND:		

ITEM:		PRICE
BRAND:		

ITEM:		PRICE
BRAND:		

ITEM:		PRICE
BRAND:		

WATER TRACKER



SLEEP TRACKER

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

Peaceful

Dream

Restless

Passed Out

No Sleep

NOTES

PERIOD TRACKER

MONTH

KEY:



HEAVY



NORMAL



LIGHT



SPOTTING

JANUARY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

FEBRUARY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

MARCH

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

APRIL

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

MAY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

JUNE

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

JULY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

AUGUST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

SEPTEMBER

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

OCTOBER

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

NOVEMBER

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

DECEMBER

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

BODY CARE FAV PRODUCTS

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

Item		Purchase Date		PRICE
Brand		Expiration Date		

PRODUCT REVIEWS

PRODUCT / BRAND	PRICE & DATE BOUGHT
INGREDIENTS	REVIEW
RECOMMENDATIONS: BUY AGAIN?	YES / NO

PRODUCT / BRAND	PRICE & DATE BOUGHT
INGREDIENTS	REVIEW
RECOMMENDATIONS: BUY AGAIN?	YES / NO

PRODUCT / BRAND	PRICE & DATE BOUGHT
INGREDIENTS	REVIEW
RECOMMENDATIONS: BUY AGAIN?	YES / NO

TOP PRODUCTS

NOTES	TOP FACE CREAMS
	<ul style="list-style-type: none">● _____● _____● _____● _____● _____

NOTES	TOP FACE CREAMS
	<ul style="list-style-type: none">● _____● _____● _____● _____● _____

NOTES	TOP FACE CREAMS
	<ul style="list-style-type: none">● _____● _____● _____● _____● _____

BEAUTY CARE CONTACT LIST

NAME	<input type="text"/>	COMPANY	<input type="text"/>
EMAIL	<input type="text"/>	PHONE	<input type="text"/>
ADDRESS	<input type="text"/>		
NOTES	<input type="text"/>		

NAME	<input type="text"/>	COMPANY	<input type="text"/>
EMAIL	<input type="text"/>	PHONE	<input type="text"/>
ADDRESS	<input type="text"/>		
NOTES	<input type="text"/>		

NAME	<input type="text"/>	COMPANY	<input type="text"/>
EMAIL	<input type="text"/>	PHONE	<input type="text"/>
ADDRESS	<input type="text"/>		
NOTES	<input type="text"/>		

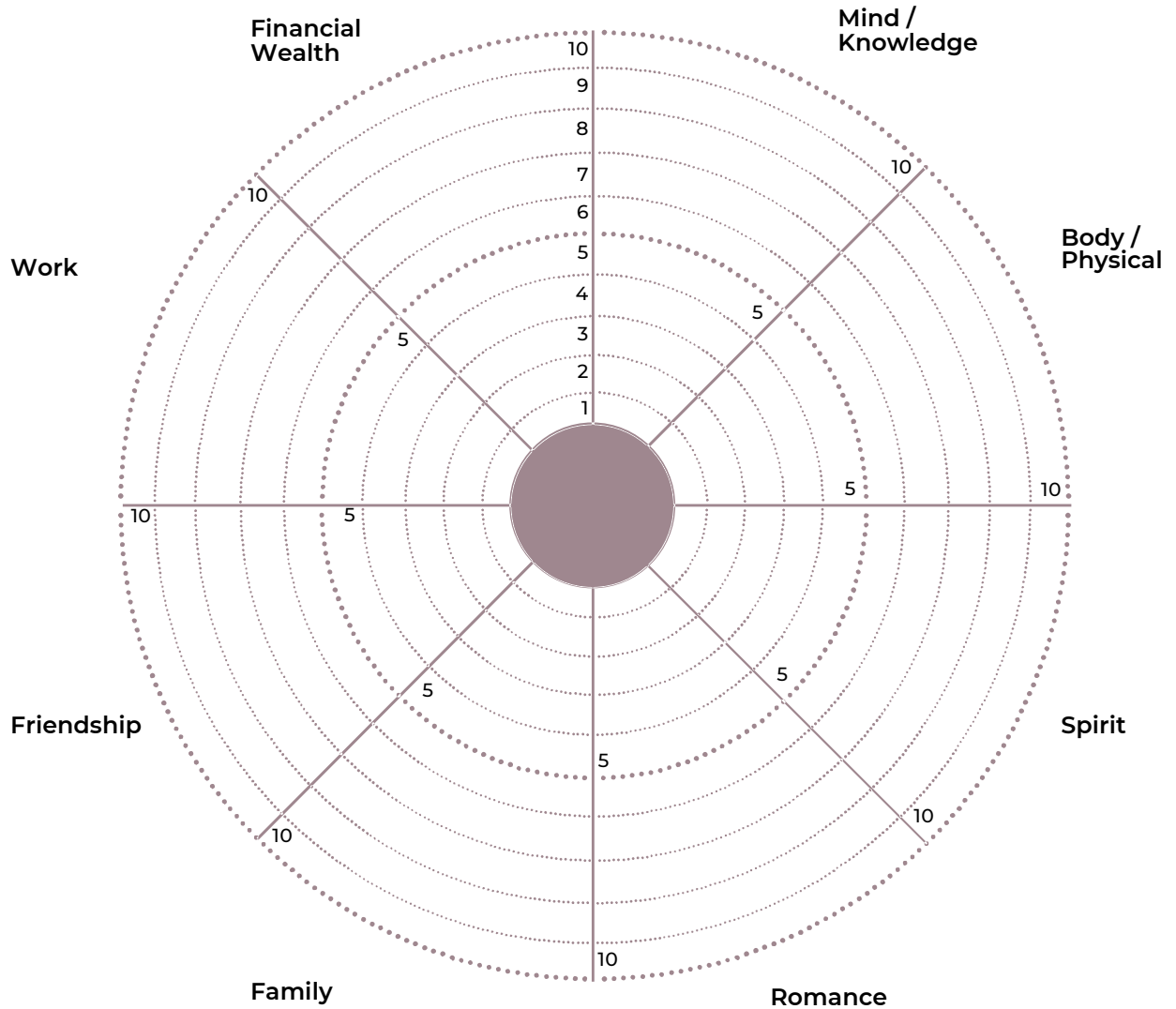
NAME	<input type="text"/>	COMPANY	<input type="text"/>
EMAIL	<input type="text"/>	PHONE	<input type="text"/>
ADDRESS	<input type="text"/>		
NOTES	<input type="text"/>		

NAME	<input type="text"/>	COMPANY	<input type="text"/>
EMAIL	<input type="text"/>	PHONE	<input type="text"/>
ADDRESS	<input type="text"/>		
NOTES	<input type="text"/>		

NAME	<input type="text"/>	COMPANY	<input type="text"/>
EMAIL	<input type="text"/>	PHONE	<input type="text"/>
ADDRESS	<input type="text"/>		
NOTES	<input type="text"/>		

LIFE BALANCE

MONTH _____



NOTES

SELF CARE PLAN

GOALS FOR MY MIND AND SOUL







GOALS FOR MY BODY







GOOD RULES AND HABITS I WANT TO LIVE BY







NOTES

SOUL STUFF

LETTER

MY BEST FRIENDS ARE

MY FAVOURITE SONGS







MY FAVOURITE TV SHOW

MY FAVOURITE BOOK

MY FEARS

DAILY JOURNAL

TODAY'S FOCUS	HOURS SLEPT

TO DO	MY SCHEDULE
  	
SELF CARE CHECKLIST	
  	

MEAL PLAN	
BREAKFAST	_____
LUNCH	_____
DINNER	_____
SNACK/DESSERT	_____

MY NOTES AND THOUGHTS

WEEKLY JOURNAL

MONDAY

GOAL

1

2

3

TUESDAY

WEDNESDAY

TO DO LIST

THURSDAY

FRIDAY

NOTES

SATURDAY

SUNDAY

MEDITATION

MY MEDITATION GOAL

1

2

3

DATE

MY MEDITATION EXERCISE

TOTAL TIME

DATE	MY MEDITATION EXERCISE	TOTAL TIME

AFFIRMATIONS

In this part you'll write down positive affirmations that will have a positive impact on the aspects of your life you're trying to improve. A few important points: First, always write your affirmations in present tense using "I" pronoun. Second, use affirmative & positive words (avoid can't, won't, will not etc). For example "I'm full on energy and always take action", instead of "I'm not lazy". Third, it's important to build a habit of using these affirmations when you're doing the opposite of what you know you should be doing.

Relationships

ex. "I'm loving and giving in my relationships". "I'm in control of the people I let in my life"

Finance

ex. "I'm capable of creating my dream financial life through hard work and dedication"

Career

ex. "I'm always striving to develop myself professionally"

Health/Fitness

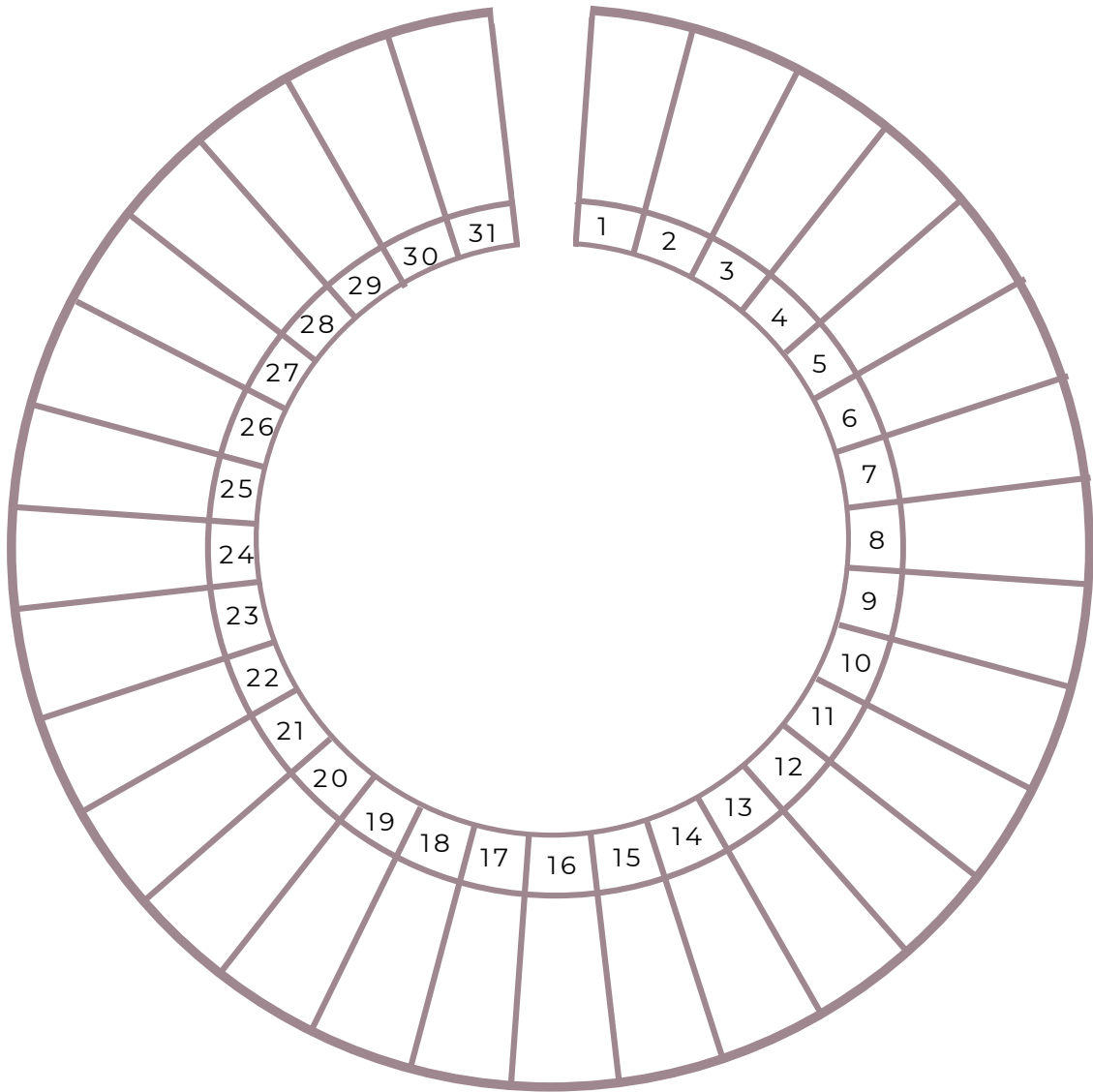
ex. "I'm in control of my physical fitness"

Love

ex. "I have people who love me"

MOOD TRACKER

MONTH _____



NEUTRAL



TIRED



STRESSED



GRUMPY



SICK



SAD



RELAXED



HAPPY



ANGRY



KINDNESS TRACKER

MONTH _____

The form consists of a large rectangular area with a semi-circular arc on the left side. The arc is numbered from 1 to 31, representing the days of the month. From each point on the arc, a diagonal line radiates outwards to the right edge of the rectangle. This creates a series of narrow, wedge-shaped sections that expand as they move away from the arc. The entire grid is enclosed in a thin purple border.

YOGA LOG

TODAY'S DATE

MUSIC

POSITION/S	TIME	DONE
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

GOAL/S FOR TODAY'S YOGA SESSION

[Large empty rectangular area for writing goals]

MY RESOURCES

BOOKS	AUTHOR

PODCASTS	TOPIC

MOTIVATION SPEAKERS	TOPIC

WEBSITES	TOPIC

DOODLE PAGE

