

# SELF-CARE TRACKER



# WEEKLY BEAUTY ROUTINE

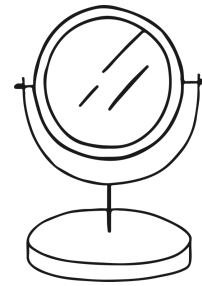


	FACE	BODY	HAIR
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TUE			
WED			
THU			
FRI			
SAT			
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# SKINCARE ROUTINE

ONCE A WEEK



TWICE A WEEK

THREE TIMES A WEEK

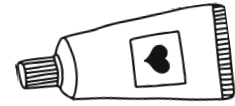
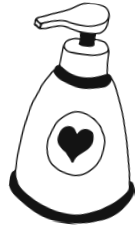
FOUR TIMES A WEEK



# SKINCARE HABIT TRACKER

MONTH:

HABITS



DAYS

Blank habit tracker row with three tabs on the left side.

3x12 grid of circles for tracking days.

Blank habit tracker row with three tabs on the left side.

3x12 grid of circles for tracking days.

Blank habit tracker row with three tabs on the left side.

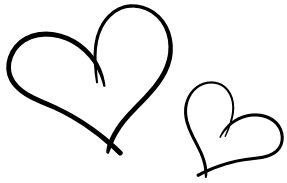
3x12 grid of circles for tracking days.

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3x12 grid of circles for tracking days.

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3x12 grid of circles for tracking days.



# SKINCARE GOALS

CURRENT  
SITUATION

SOLUTIONS

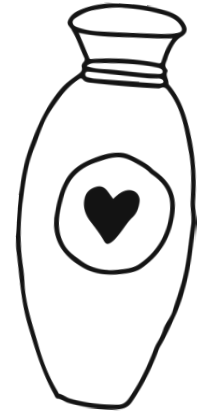
GOALS

NOTES

# SKINCARE TRACKER

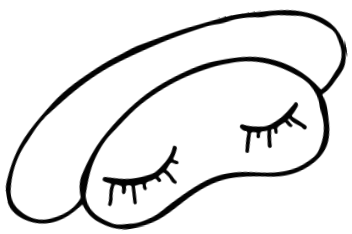
**MORNING ROUTINE:**

SUN	MON	TUE	WED	THU	FRI	SAT
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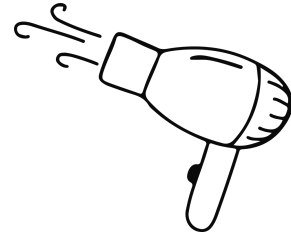
**EVENING ROUTINE:**

SUN	MON	TUE	WED	THU	FRI	SAT
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# HAIR CARE ROUTINE

ONCE A WEEK



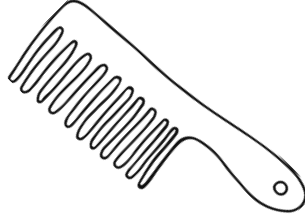
TWICE A WEEK

THREE TIMES A WEEK

FOUR TIMES A WEEK



# HAIR CARE HABIT TRACKER



MONTH:

HABITS

DAYS

Blank habit tracker row with three binder tabs on the left side.

Grid of 30 circles for tracking days, arranged in three rows: 10 in the first row, 10 in the second, and 10 in the third.

Blank habit tracker row with three binder tabs on the left side.

Grid of 30 circles for tracking days, arranged in three rows: 10 in the first row, 10 in the second, and 10 in the third.

Blank habit tracker row with three binder tabs on the left side.

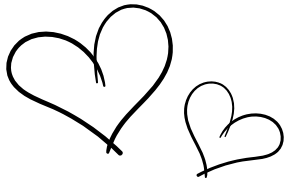
Grid of 30 circles for tracking days, arranged in three rows: 10 in the first row, 10 in the second, and 10 in the third.

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Grid of 30 circles for tracking days, arranged in three rows: 10 in the first row, 10 in the second, and 10 in the third.

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Grid of 30 circles for tracking days, arranged in three rows: 10 in the first row, 10 in the second, and 10 in the third.



# HAIR CARE GOALS

CURRENT  
SITUATION

SOLUTIONS

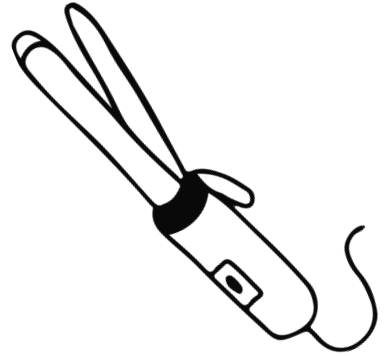
GOALS

NOTES

# HAIR CARE TRACKER

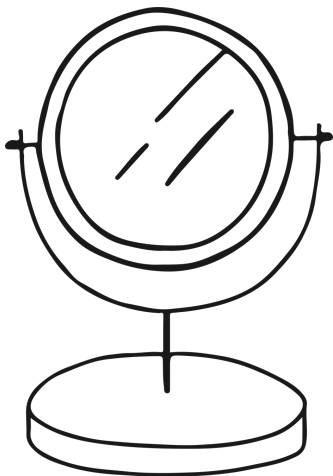
**MORNING ROUTINE:**

SUN	MON	TUE	WED	THU	FRI	SAT
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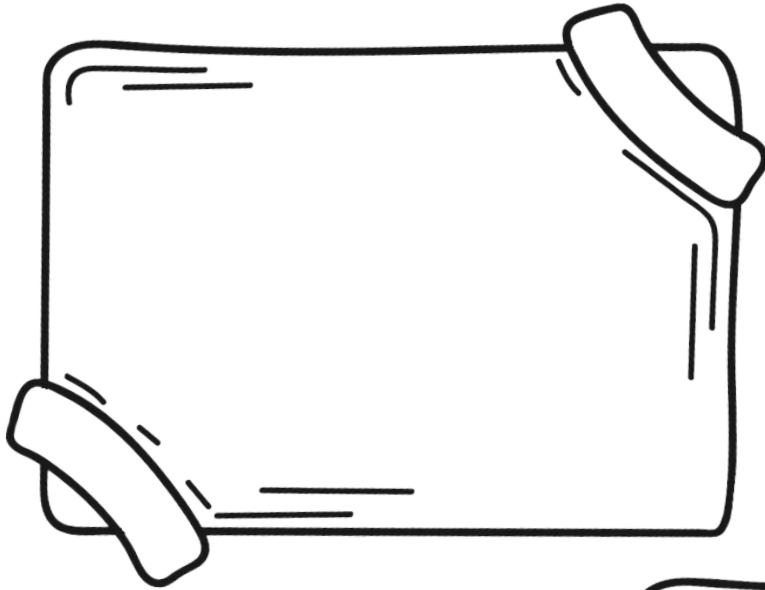


**EVENING ROUTINE:**

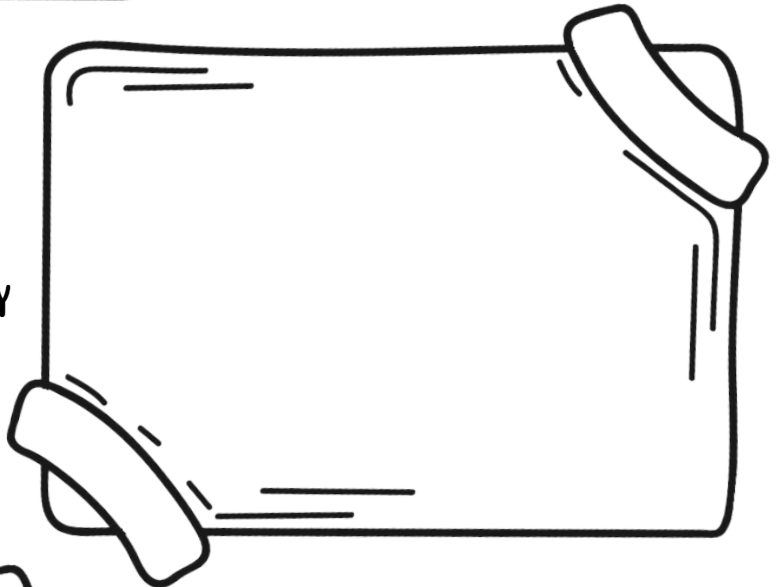
SUN	MON	TUE	WED	THU	FRI	SAT
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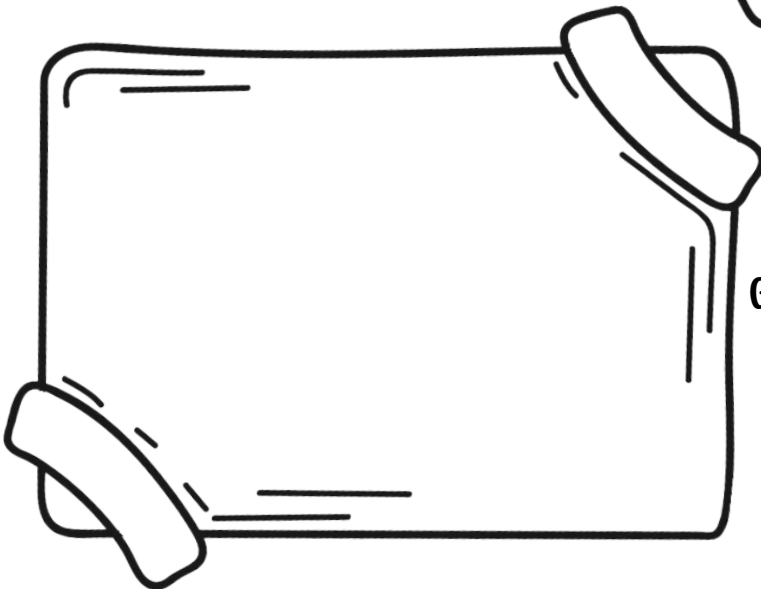
# SELF-CARE PLAN



GOALS FOR MY MIND & SOUL



GOALS FOR MY BODY

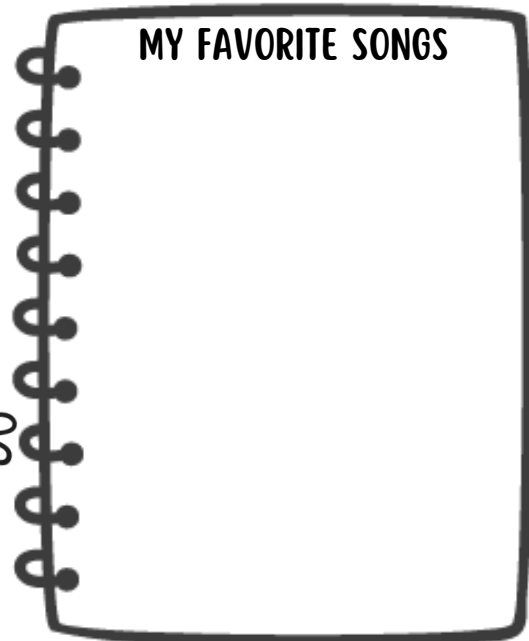


GOOD RULES & HABITS I WANT TO LIVE BY





# FOR THE SOUL

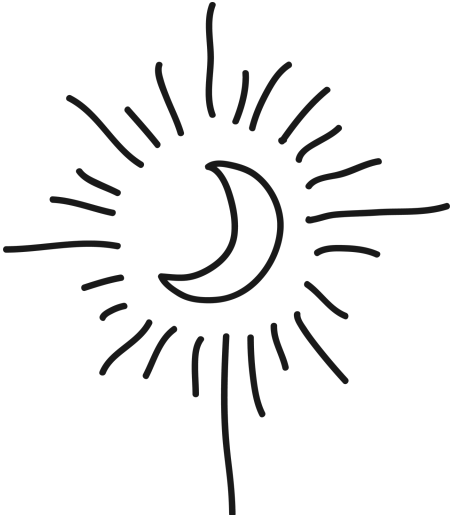
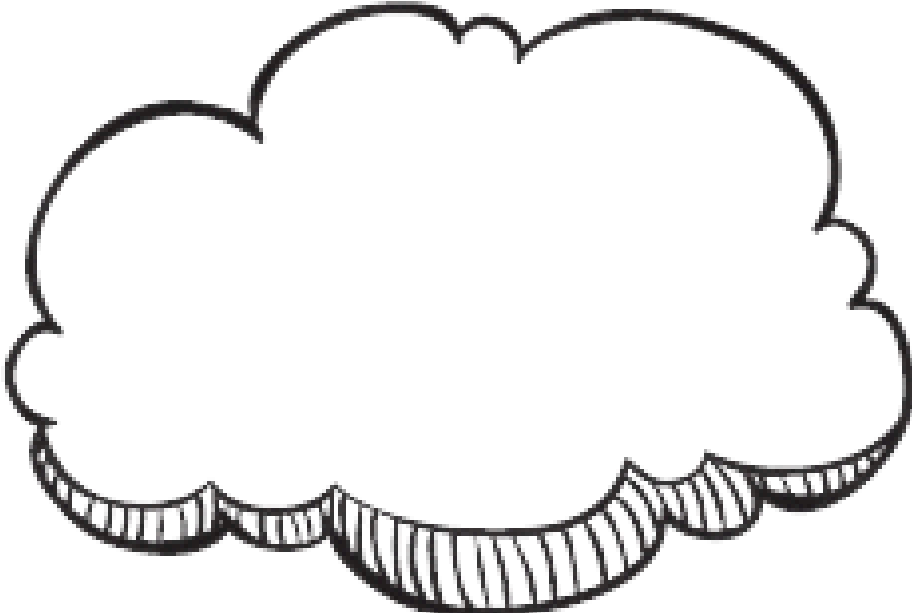


# BUCKET LIST

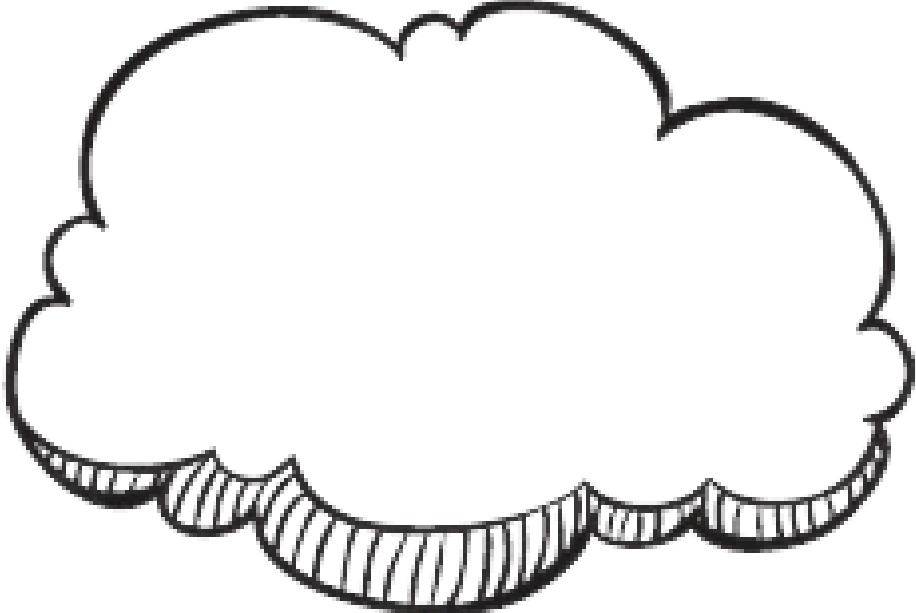


# MANIFESTING MY DREAMS

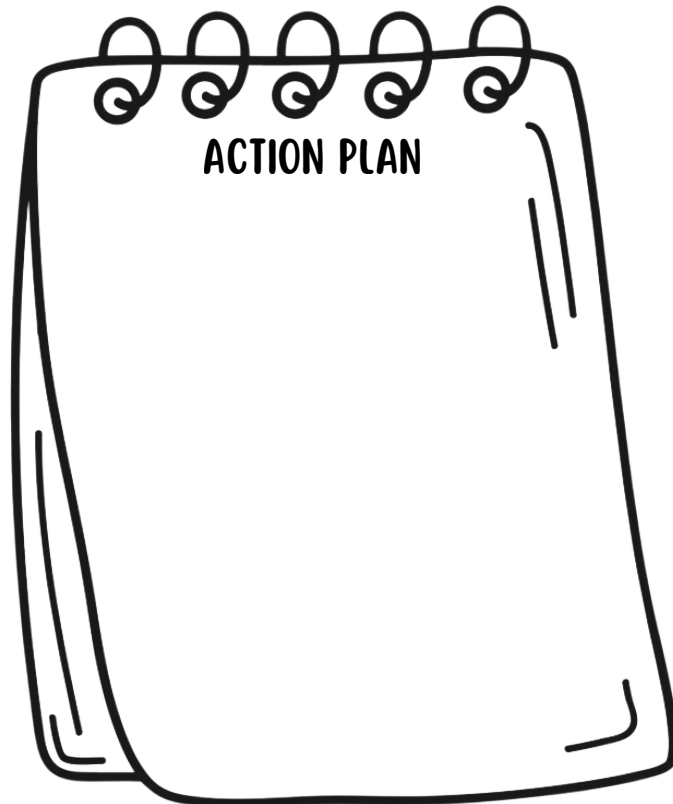
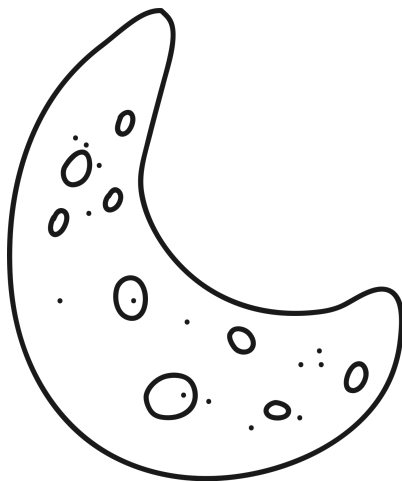
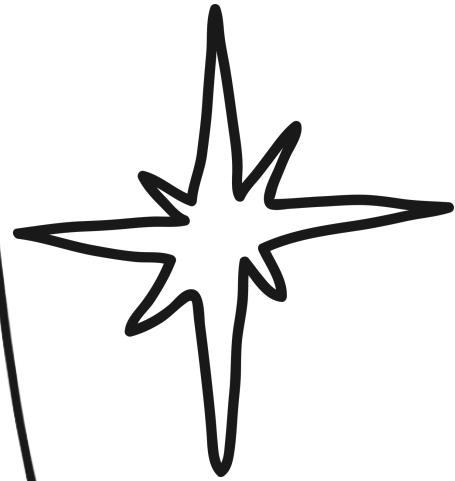
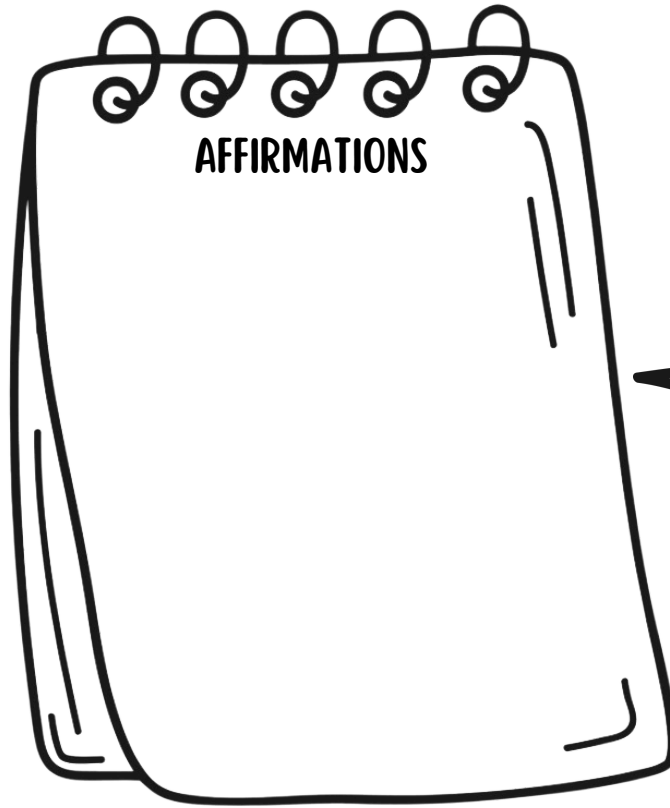
VISION STATEMENT



GRATITUDE FOR THE FUTURE

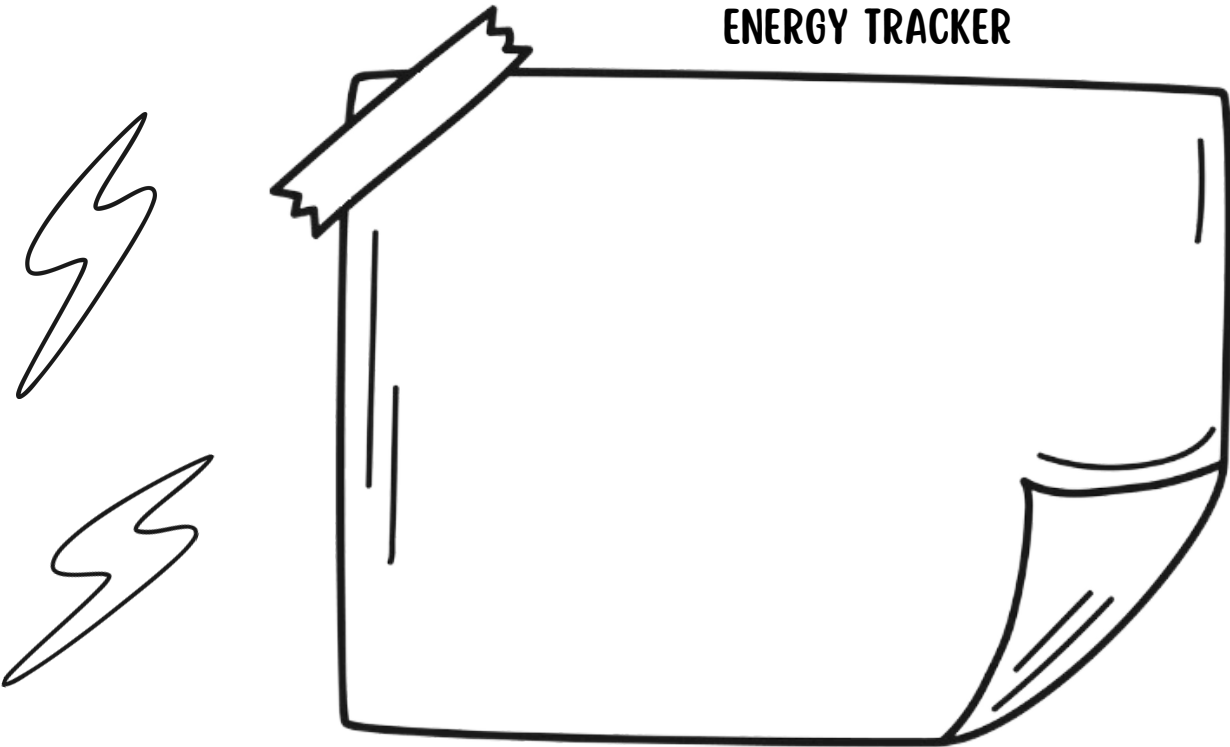


# EMPOWERING MY MANIFESTATIONS

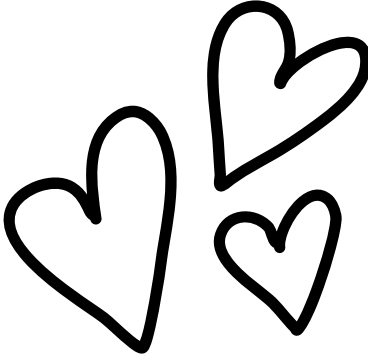
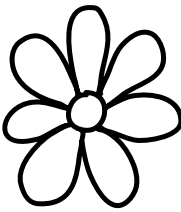
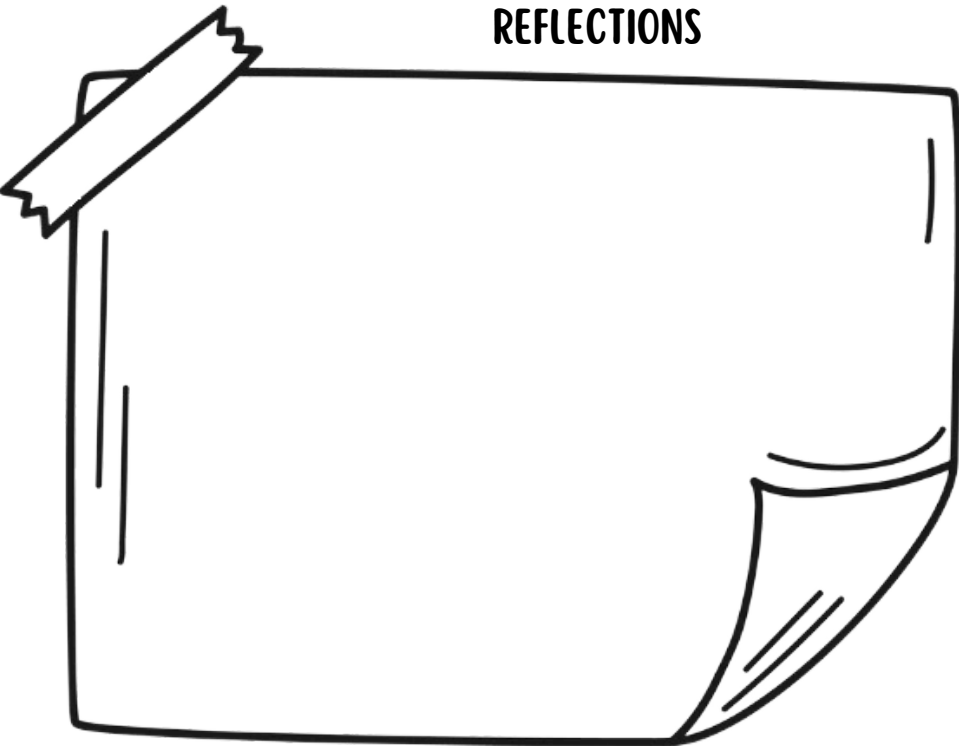


# ALIGNING WITH MY MANIFESTATIONS

ENERGY TRACKER



REFLECTIONS



# AFFIRMATIONS

CREATE MEANINGFUL AFFIRMATIONS FOR THE AREAS YOU WANT TO IMPROVE. USE PRESENT-TENSE "I" STATEMENTS AND CHOOSE POSITIVE LANGUAGE (AVOID WORDS LIKE "CAN'T" OR "WON'T"). FOR EXAMPLE, SAY "I AM FULL OF ENERGY AND ALWAYS TAKE ACTION" INSTEAD OF "I AM NOT LAZY." MAKE A HABIT OF USING THESE AFFIRMATIONS, ESPECIALLY WHEN YOU CATCH YOURSELF DOING THE OPPOSITE OF WHAT YOU SHOULD.

**RELATIONSHIPS**

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**FINANCES**

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**CAREER**

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**HEALTH**

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**LOVE**

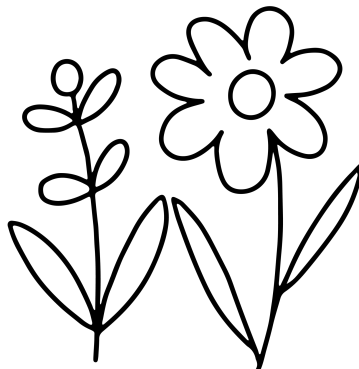
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# CURRENTLY HAPPENING IN MY LIFE

DATE:

**BIGGEST JOYS**

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**CHALLENGES I'M FACING**

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**RECENT ACCOMPLISHMENTS**

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**GOALS IN PROGRESS**

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**DAILY ROUTINES**

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**RELATIONSHIPS**

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**PERSONAL GROWTH**

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**HEALTH AND WELLNESS**

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**CURRENT FOCUS**

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**INSPIRATIONS**

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**NEW DISCOVERIES**

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**WHAT I'M LETTING GO OF**

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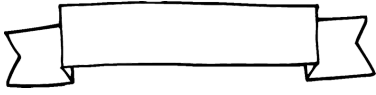
# HIGHLIGHT OF THE DAY

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# DAILY REVIEW

RATE MY DAY



I AM GRATEFUL FOR

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WINS OF THE DAY

LESSONS LEARNED

MOMENTS OF JOY

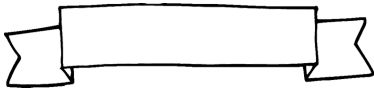
WHAT'S MY CURRENT MOOD?

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HOW COULD I HAVE IMPROVED TODAY?

WHAT STEPS CAN I TAKE TO IMPROVE TOMORROW?





# MONTHLY REVIEW

RATE MY MONTH



THREE THINGS I'M MOST GRATEFUL FOR THIS MONTH

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

MY BIGGEST ACHIEVEMENTS THIS MONTH?

LESSONS I TAKE AWAY THIS MONTH?

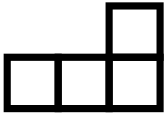
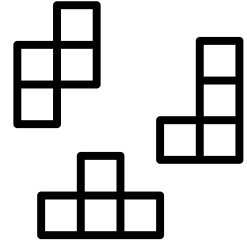
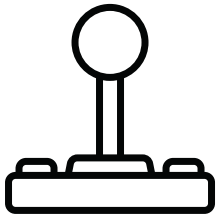
HOW WAS MY OVERALL MOOD?

HIGHLIGHTS OF THE MONTH

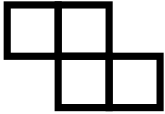
WHAT COULD I IMPROVE ON NEXT MONTH?

WHAT ARE MY INTENTIONS FOR NEXT MONTH?

# ADULTING



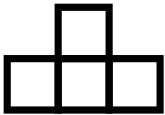
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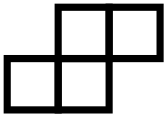
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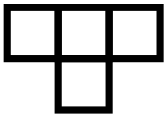
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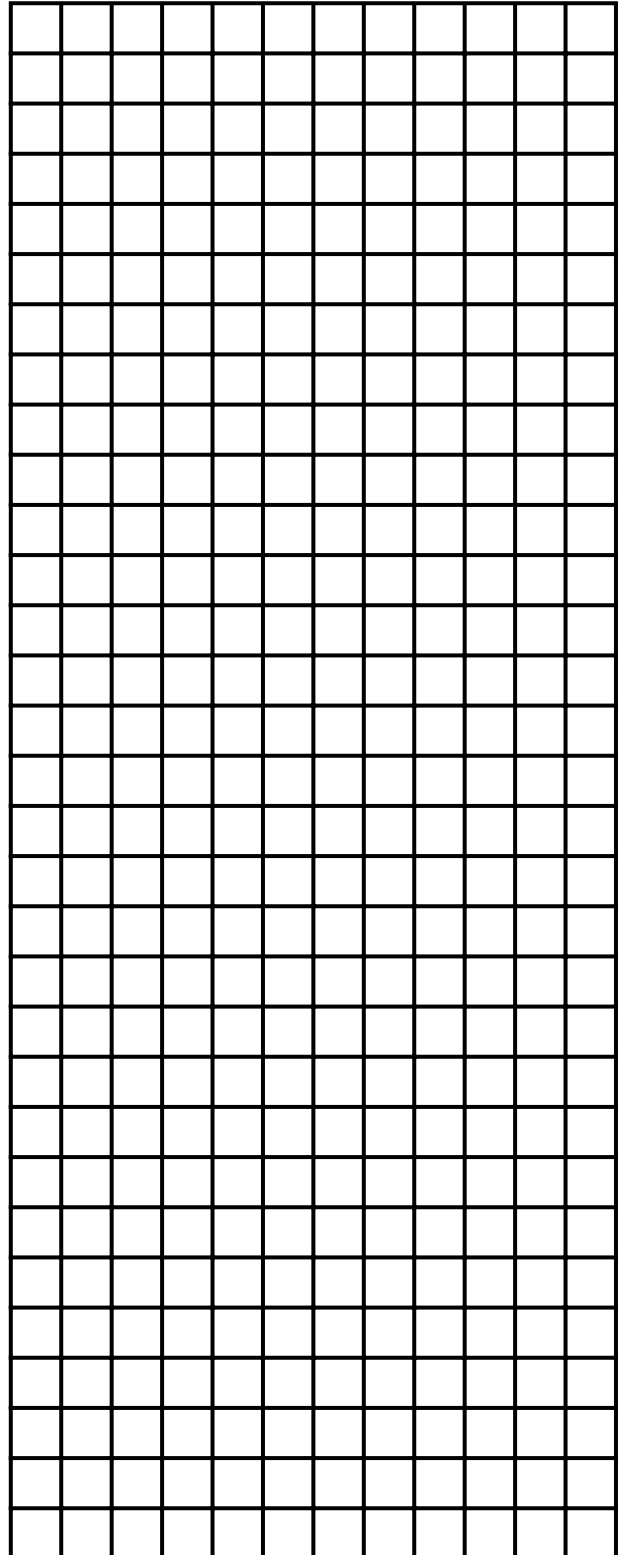
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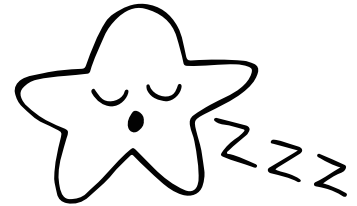
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# SLEEP LOG

MONTH



1 HR 2 HR 3 HR 4 HR 5 HR 6 HR 7 HR 8 HR 9 HR 10 HR 11 HR 12+ HR

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# WATER LOG

DATE



# STEP LOG



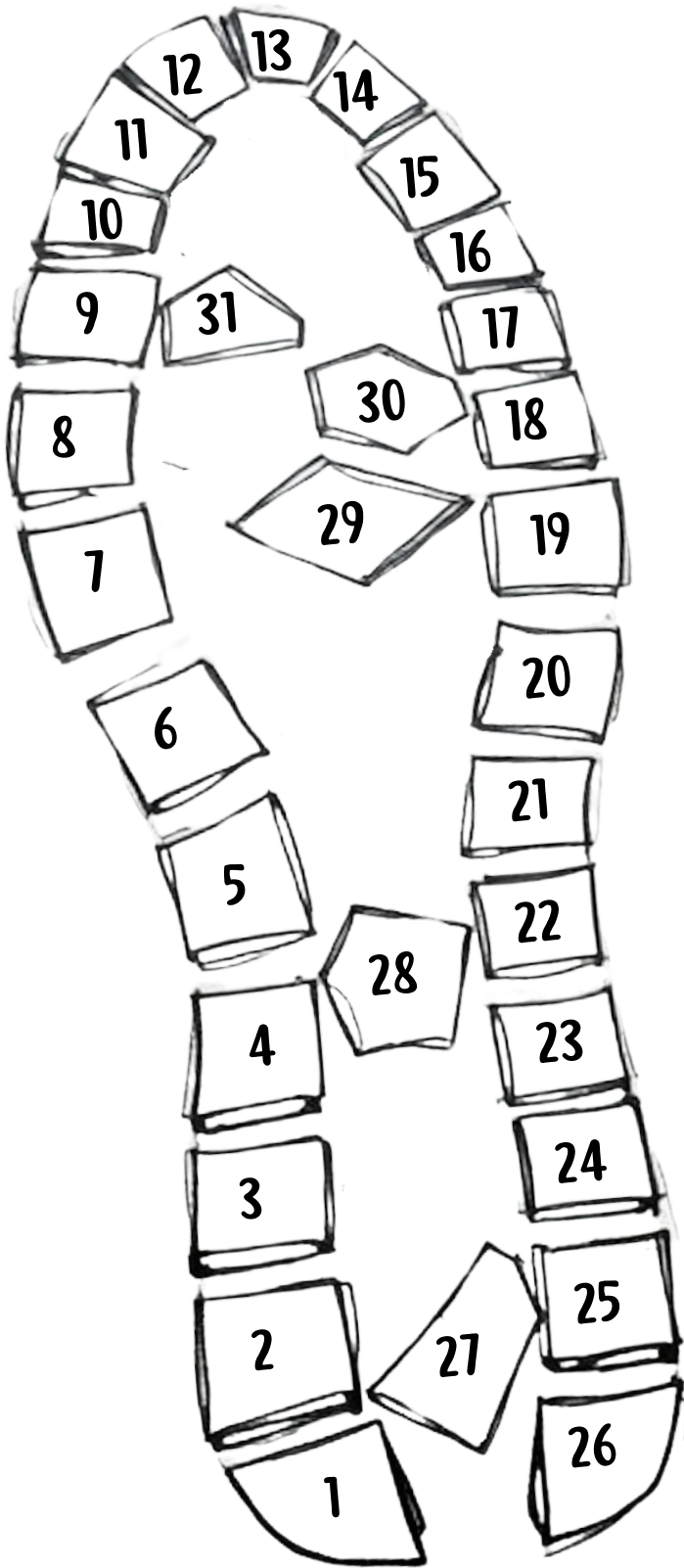
MONTH

1K 2K 3K 4K 5K 6K 7K 8K 9K 10K 11K 12+ K

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# STEP LOG

MONTH



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10 K

11 K

12+ K

# JUST JOURNALING



DATE

A series of horizontal dashed lines for writing.