



SELF-CARE TRACKER

WEEKLY BEAUTY ROUTINE



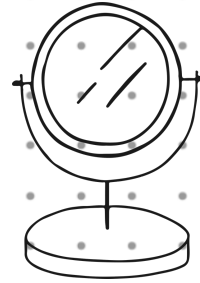
	FACE	BODY	HAIR
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			



SKINCARE ROUTINE

ONCE A WEEK

Large empty rectangular box for notes, corresponding to the 'ONCE A WEEK' frequency.



TWICE A WEEK

Large empty rectangular box for notes, corresponding to the 'TWICE A WEEK' frequency.

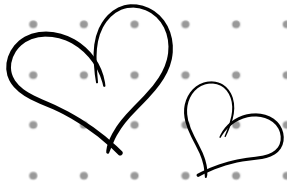
THREE TIMES A WEEK

Large empty rectangular box for notes, corresponding to the 'THREE TIMES A WEEK' frequency.

FOUR TIMES A WEEK

Large empty rectangular box for notes, corresponding to the 'FOUR TIMES A WEEK' frequency.





SKINCARE GOALS

CURRENT
SITUATION

SOLUTIONS

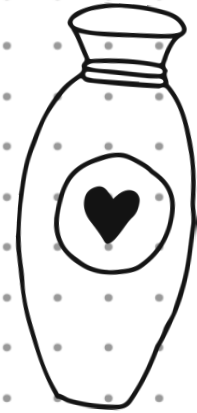
GOALS

NOTES

SKINCARE TRACKER

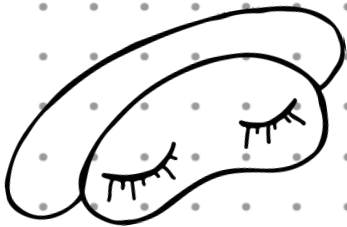
MORNING ROUTINE:

SUN	MON	TUE	WED	THU	FRI	SAT
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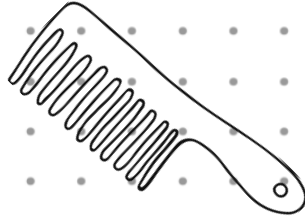


EVENING ROUTINE:

SUN	MON	TUE	WED	THU	FRI	SAT
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



HAIR CARE HABIT TRACKER



MONTH:

HABITS

DAYS

Blank habit tracker row with a comb icon on the left side.

Grid of 28 circles for tracking days.

Blank habit tracker row with a comb icon on the left side.

Grid of 28 circles for tracking days.

Blank habit tracker row with a comb icon on the left side.

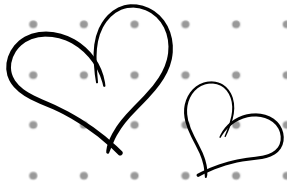
Grid of 28 circles for tracking days.

Blank habit tracker row with a comb icon on the left side.

Grid of 28 circles for tracking days.

Blank habit tracker row with a comb icon on the left side.

Grid of 28 circles for tracking days.



HAIR CARE GOALS

CURRENT
SITUATION

SOLUTIONS

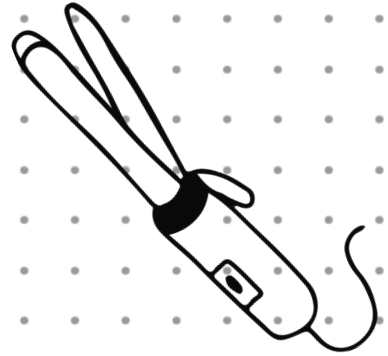
GOALS

NOTES

HAIR CARE TRACKER

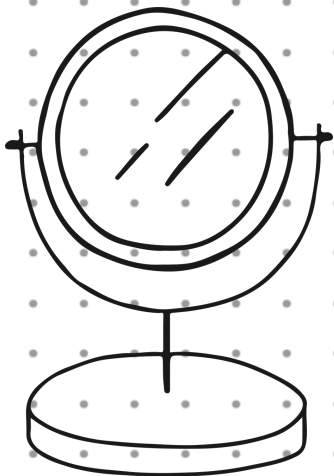
MORNING ROUTINE:

SUN	MON	TUE	WED	THU	FRI	SAT
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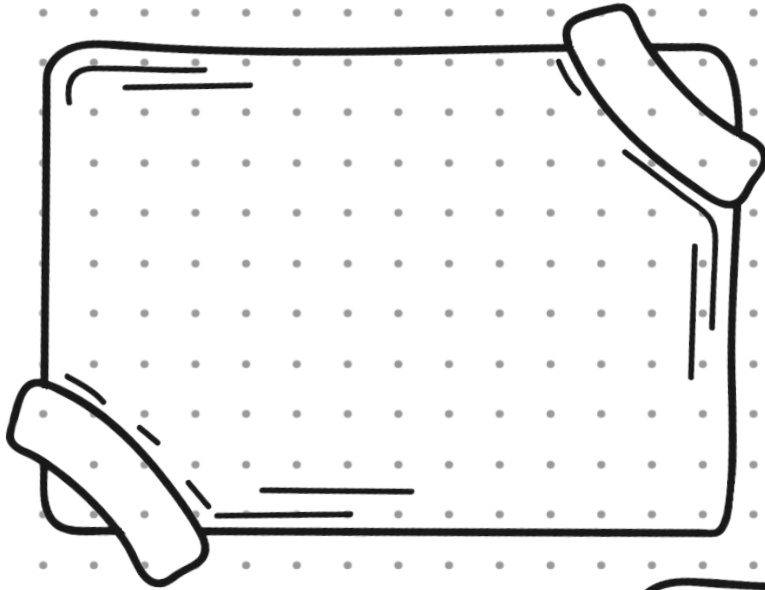


EVENING ROUTINE:

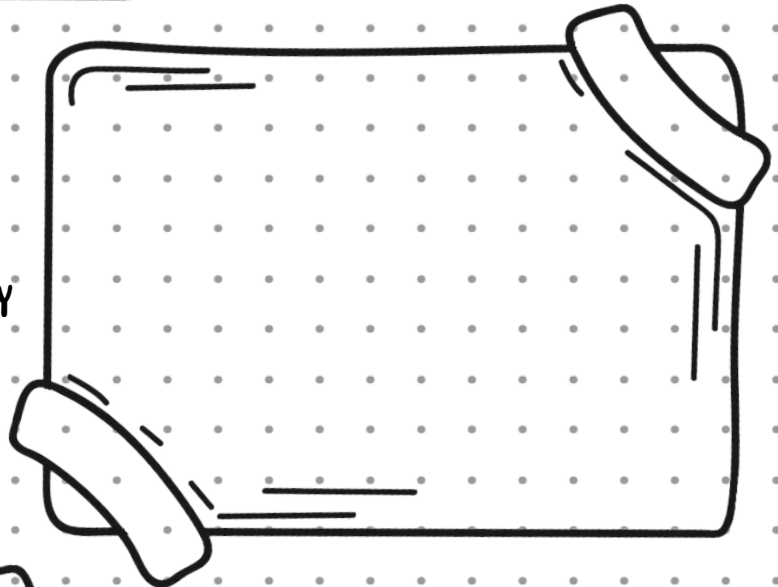
SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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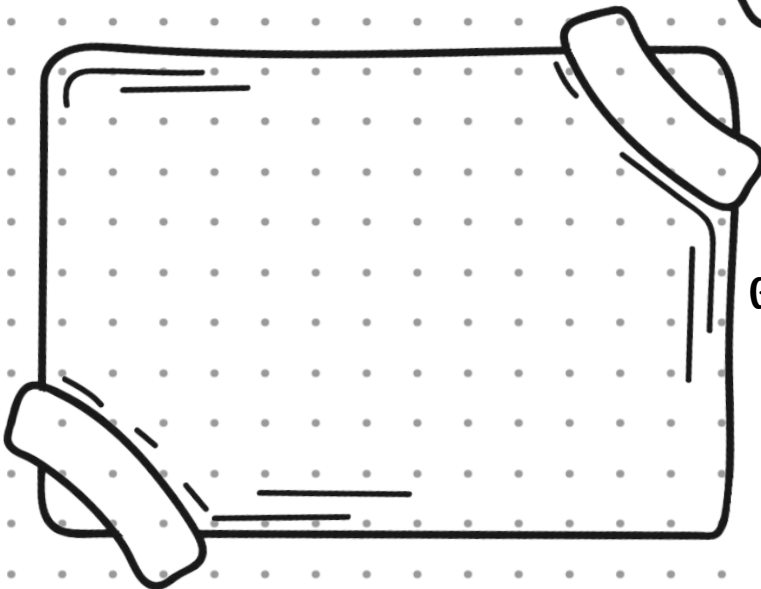
SELF-CARE PLAN



GOALS FOR MY MIND & SOUL

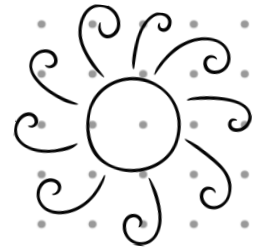


GOALS FOR MY BODY



GOOD RULES & HABITS I WANT TO LIVE BY

BODY, MIND, SOUL



S M T W T H F S

Handwriting practice lines for the 'BODY' section, consisting of seven horizontal lines and a vertical column of seven circles on the left side.

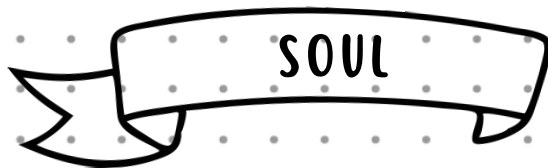
A 7x7 grid of circles for tracking progress in the 'BODY' section.



S M T W T H F S

Handwriting practice lines for the 'MIND' section, consisting of seven horizontal lines and a vertical column of seven circles on the left side.

A 7x7 grid of circles for tracking progress in the 'MIND' section.

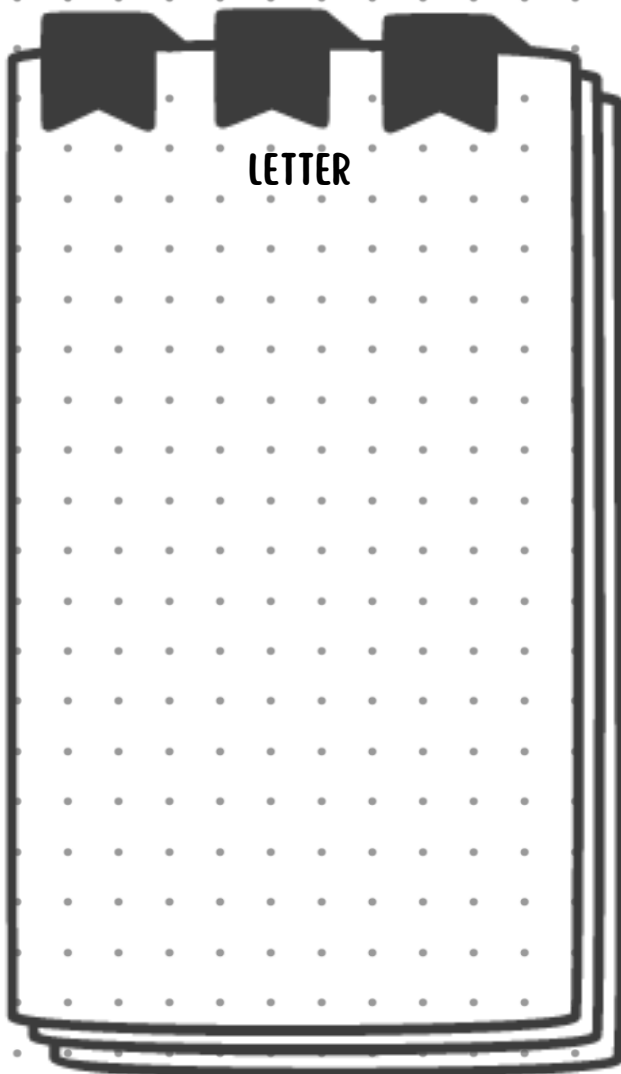


S M T W T H F S

Handwriting practice lines for the 'SOUL' section, consisting of seven horizontal lines and a vertical column of seven circles on the left side.

A 7x7 grid of circles for tracking progress in the 'SOUL' section.

FOR THE SOUL



LETTER



MY BEST FRIENDS ARE



MY FAVORITE SONGS



MY FEARS



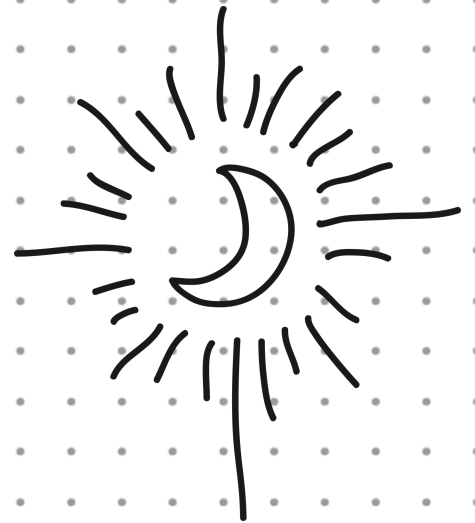
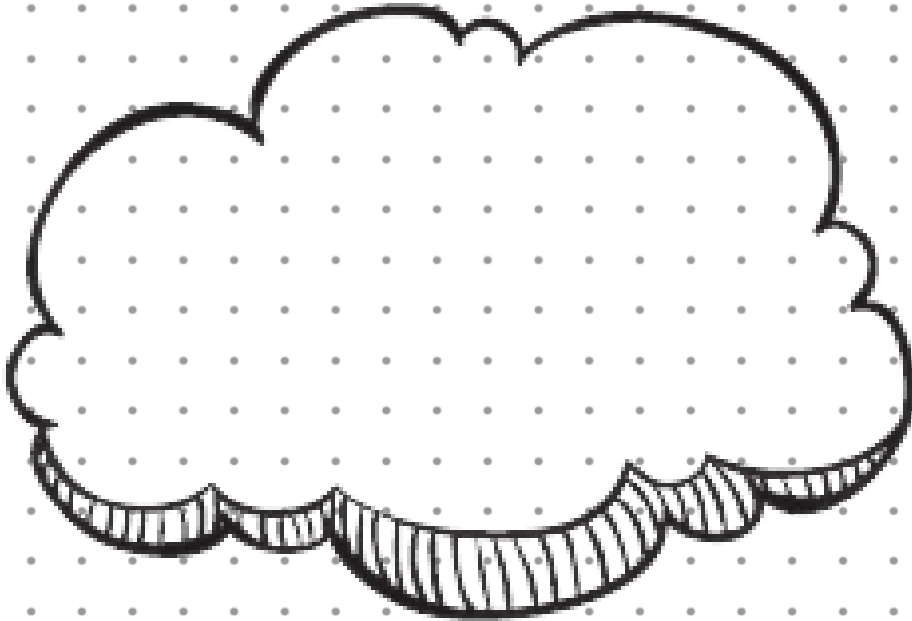
MY FAVORITE BOOK

BUCKET LIST

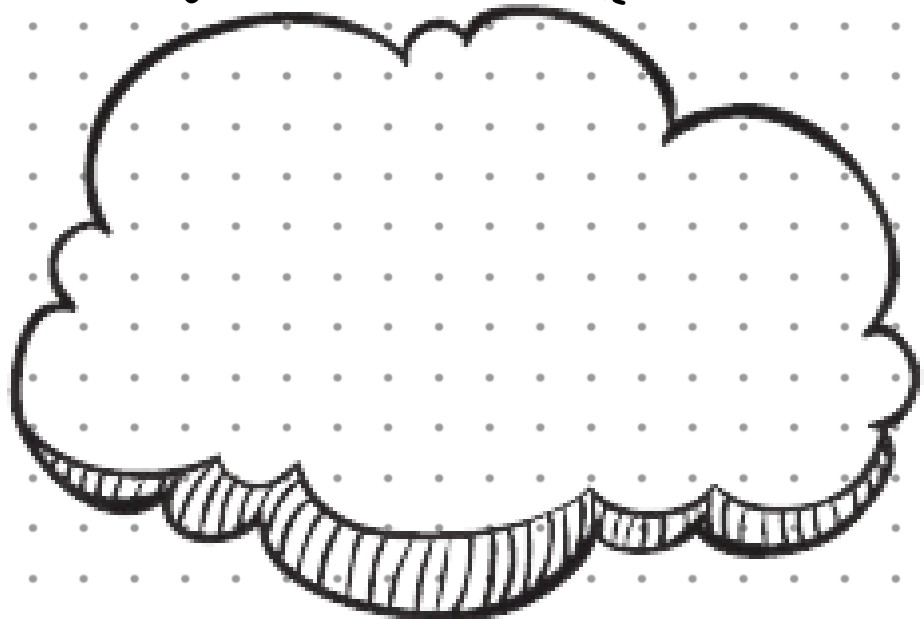


MANIFESTING MY DREAMS

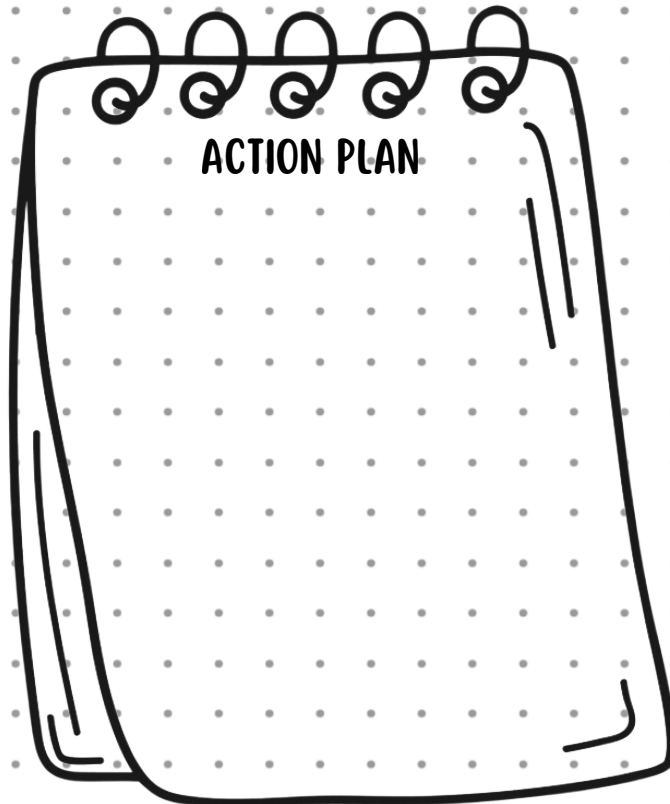
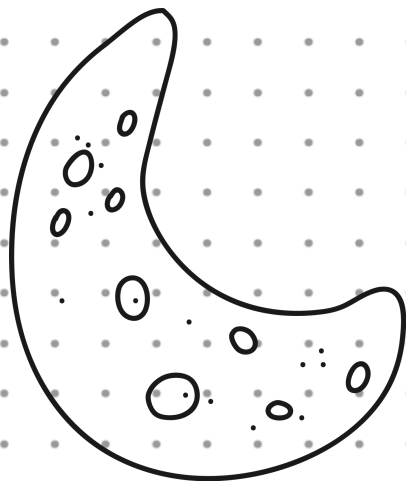
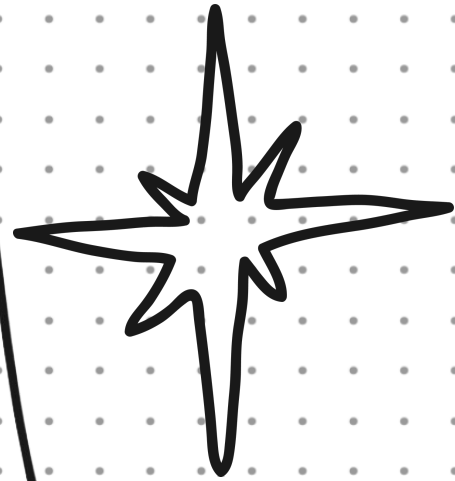
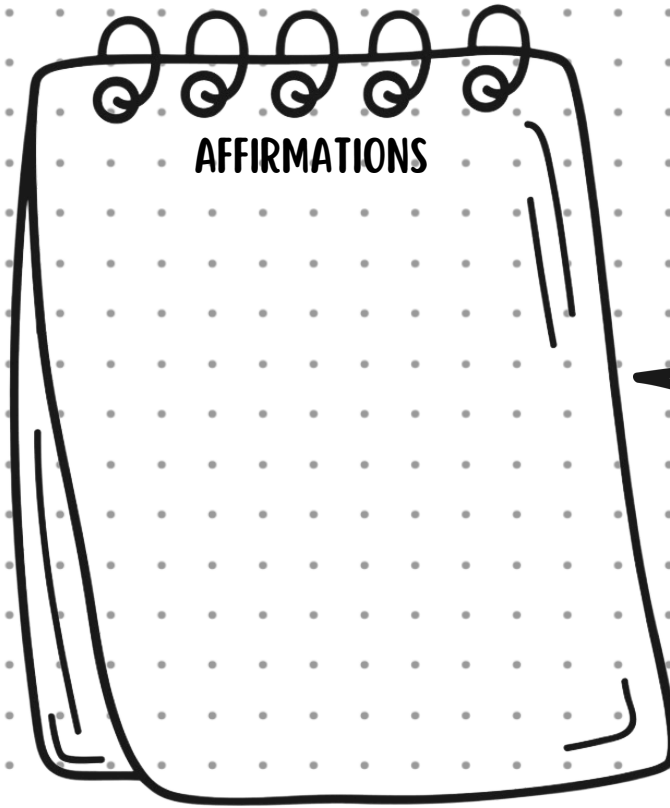
VISION STATEMENT



GRATITUDE FOR THE FUTURE

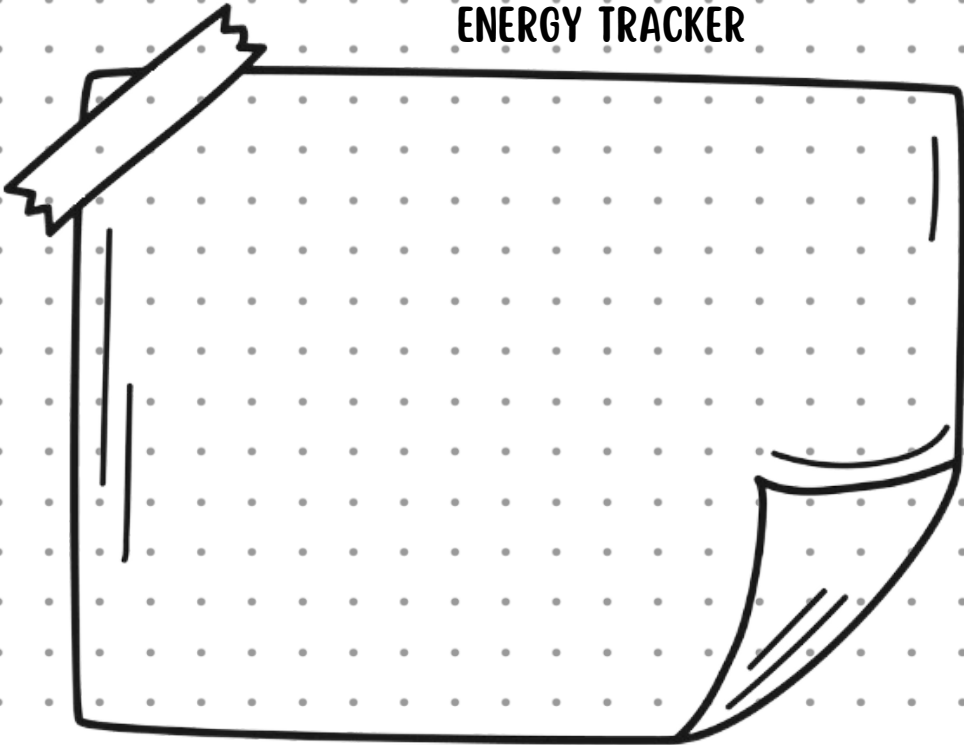


EMPOWERING MY MANIFESTATIONS

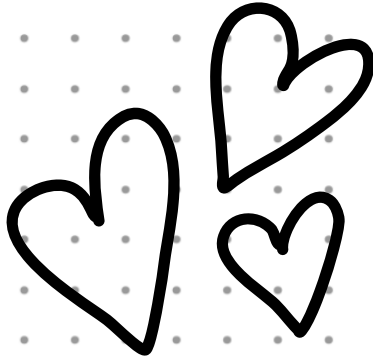
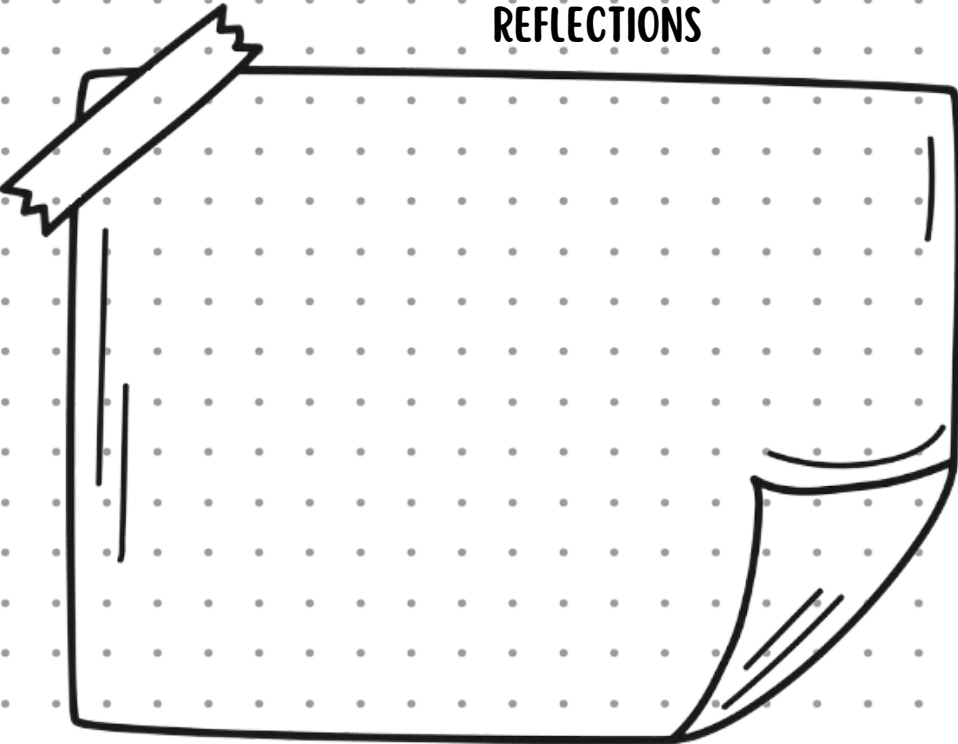
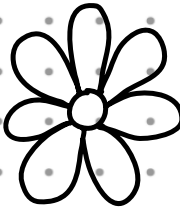


ALIGNING WITH MY MANIFESTATIONS

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.

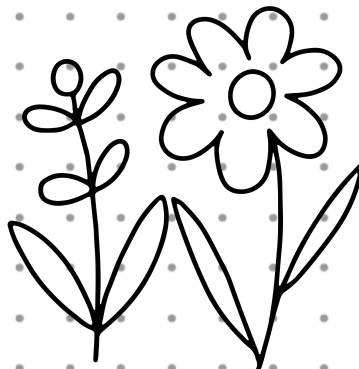
RELATIONSHIPS

FINANCES

CAREER

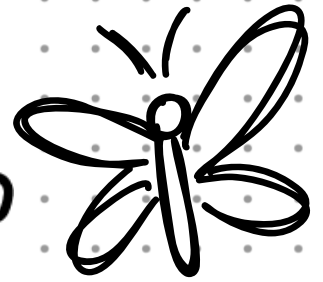
HEALTH

LOVE



DAILY AFFIRMATIONS

DATE:



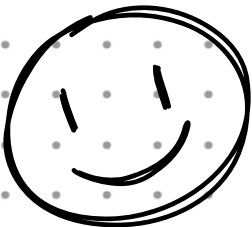
○—————○



○—————○

○—————○

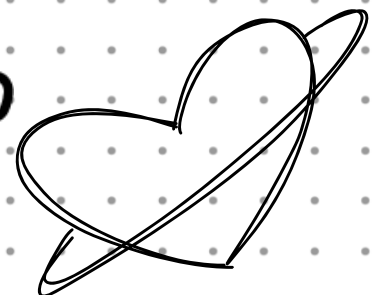
○—————○



○—————○

○—————○

○—————○



CURRENTLY HAPPENING IN MY LIFE

DATE:

BIGGEST JOYS

CHALLENGES I'M FACING

RECENT ACCOMPLISHMENTS

GOALS IN PROGRESS

DAILY ROUTINES

RELATIONSHIPS

PERSONAL GROWTH

HEALTH AND WELLNESS

CURRENT FOCUS

INSPIRATIONS

NEW DISCOVERIES

WHAT I'M LETTING GO OF



HIGHLIGHT OF THE DAY

DATE:



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
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- 16
- 17
- 18
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- 27
- 28
- 29
- 30
- 31

Handwriting practice area consisting of 31 rows of dashed lines on a dotted grid background.



DAILY REVIEW

RATE MY DAY



I AM GRATEFUL FOR _____

WINS OF THE DAY

LESSONS LEARNED

MOMENTS OF JOY

WHAT'S MY CURRENT MOOD?

HOW COULD I HAVE IMPROVED TODAY?

WHAT STEPS CAN I TAKE TO IMPROVE TOMORROW?



WEEKLY REVIEW

RATE MY WEEK



I AM GRATEFUL FOR _____

WINS OF THE WEEK

LESSONS LEARNED

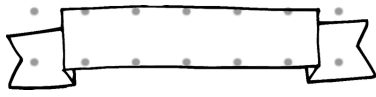
GOALS

ACHIEVED

OVERALL MOOD FOR THIS WEEK?

WHAT HABITS COULD I REFINE FOR NEXT WEEK?

WHAT ACTIONS WILL HELP ME SUCCEED IN THE COMING WEEK?



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?

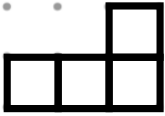
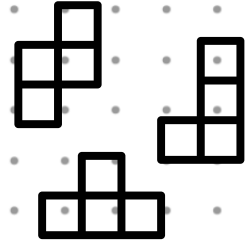
HOW WAS MY OVERALL MOOD?

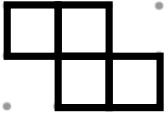
HIGHLIGHTS OF THE MONTH

WHAT COULD I IMPROVE ON NEXT MONTH?

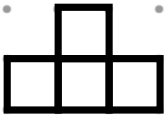
WHAT ARE MY INTENTIONS FOR NEXT MONTH?

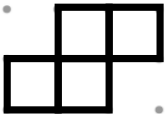
ADULTING

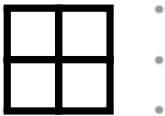


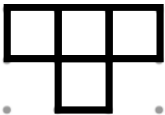


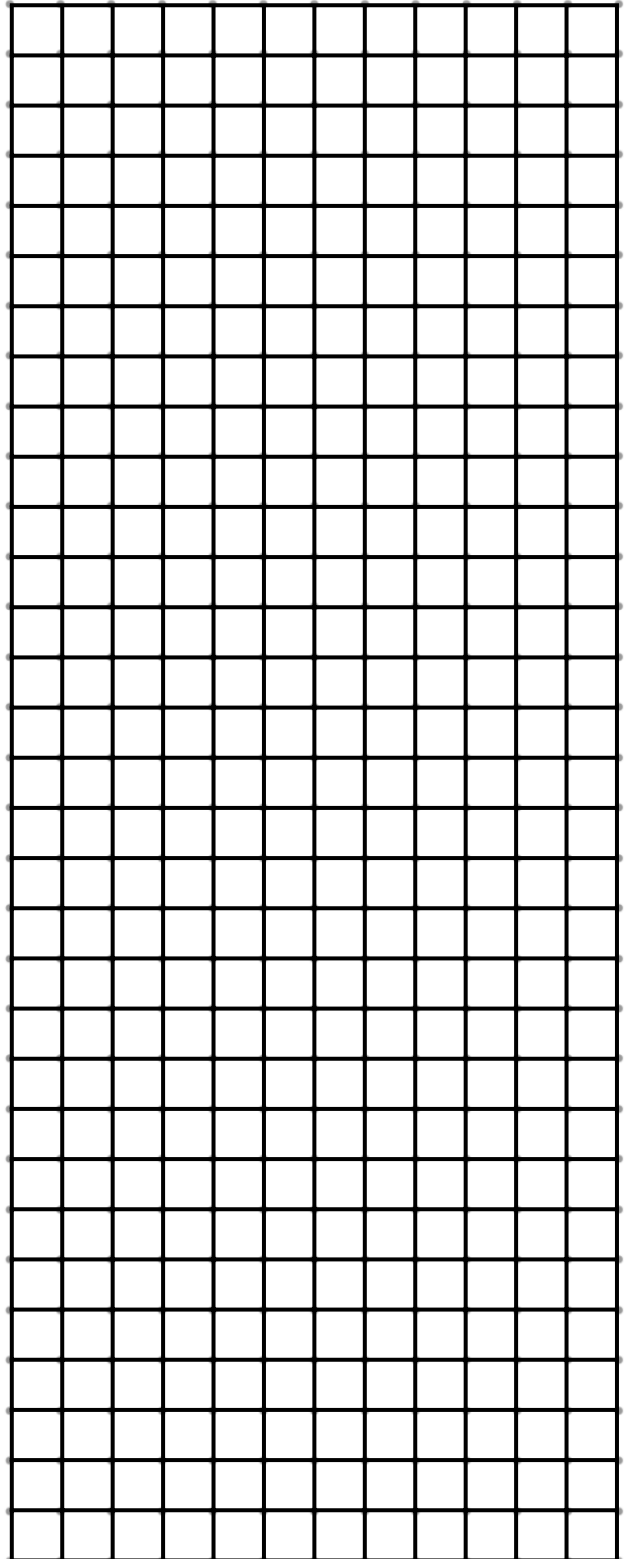






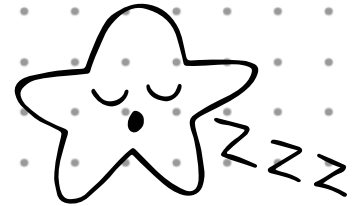






SLEEP LOG

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

1	
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6	
7	
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WATER LOG

DATE



12+ (CUPS)

11

10

9

8

7

6

5

4

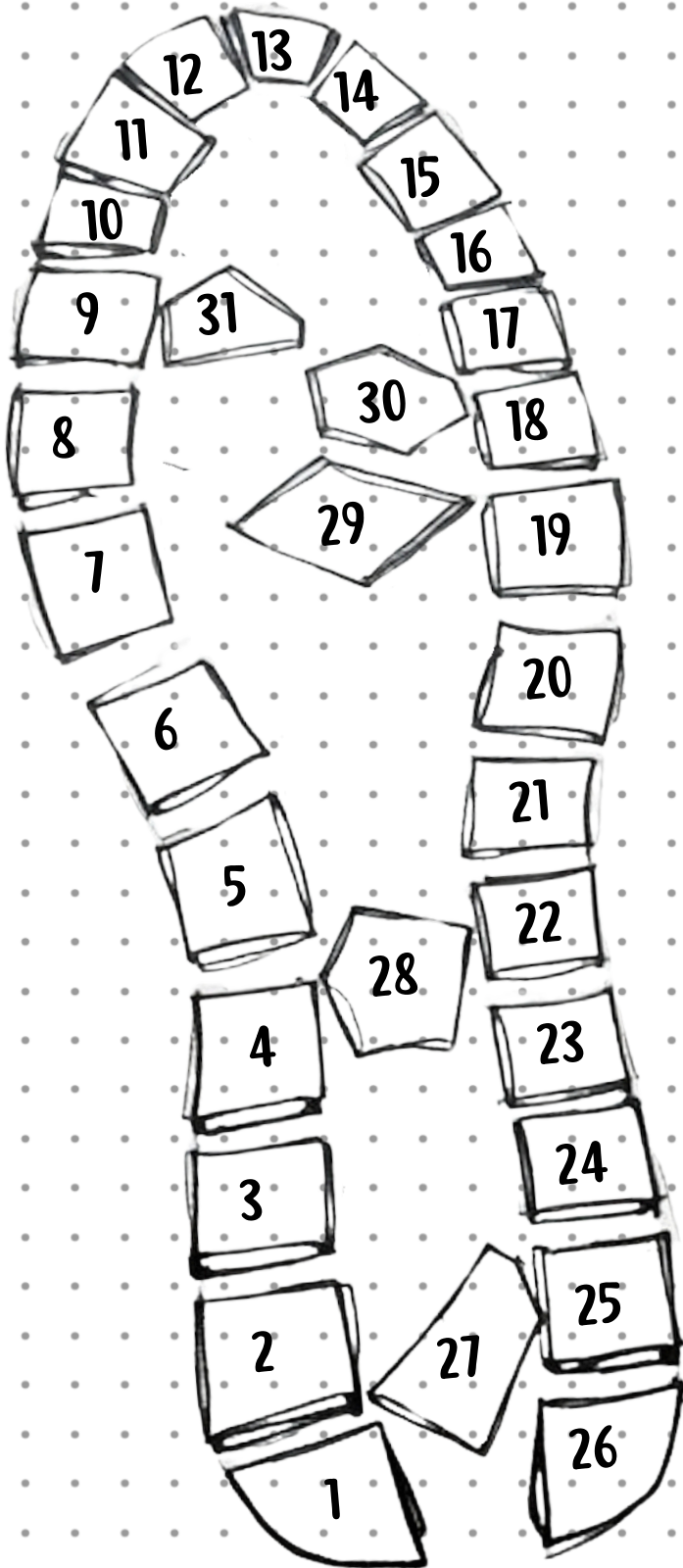
3

2

1

STEP LOG

MONTH



1 K

2 K

3 K

4 K

5 K

6 K

7 K

8 K

9 K

10 K

11 K

12+ K

JUST JOURNALING



DATE

A series of horizontal dashed lines spanning the width of the page, intended for writing a journal entry.

DATE

BRAIN DUMP

A large rectangular area with a dotted grid pattern, intended for writing notes. The grid consists of small, evenly spaced dots forming a grid across the page.

BRAIN DUMP IDEAS

