



team
selfcare
MENTAL PHYSICAL & EMOTIONAL HEALTH

SELF-CARE

Planner

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A photograph of two women sitting on a wooden floor, engaged in a conversation. The woman on the left is wearing a light blue long-sleeved shirt and matching pants, holding a clear glass jar. The woman on the right is wearing a light blue short-sleeved top with a decorative neckline and matching pants. They are both smiling and looking at each other. The background is a dark wall with a large green plant leaf visible on the left. The entire image is overlaid with a semi-transparent light blue filter.

SECTION ONE

Introduction

SELF-CARE PLANNER

INTRODUCTION

How this planner will help you build and sustain self-care habits

We all know self-care is essential, but maintaining a regular practice is another thing. Unfortunately, amidst our ultra-busy days, self-care is rarely seen as a priority. Thus, we often drop our planned self-care activities in favor of something we feel is more important.

However, when we do not fill our cups before facing our many responsibilities and tasks, we lack energy, productivity, and effectiveness. This is why self-care should never be seen as a luxury; something we do if and when we have free time. Instead, it should be viewed as an essential part of everyday life.

This planner will help you prioritize your well-being and successfully implement self-care activities into your daily schedule. It will assist you in identifying what area of self-care you need to focus on and which activities you enjoy the most. You will also learn how to plan and track your self-care activities quickly and effortlessly. So let's get started!



Welcome, New Friend!

I'm very happy and grateful that you are here today! This Self-Care Planner is here to help you develop a sustainable and personalized plan for a simply irresistible self-care practice and to create a healthy, meaningful, fulfilling, and joyful life you love!

Rosemary Morretta

A photograph of two women sitting on a wooden bench, smiling and talking. The woman on the left has long dark hair and is wearing a light blue button-down shirt and matching pants, holding a glass of water. The woman on the right has short brown hair and is wearing a light blue top with a beaded necklace and matching pants. The background features a large green plant and a dark wall. The entire image is overlaid with a semi-transparent light blue filter and a dark blue border.

SECTION TWO

Smart Goals

SELF-CARE PLANNERS

SMART GOALS PLANNER TEMPLATES

Determining your self-care goals

The first step to creating a regular and long-term self-care routine is to know what you are working towards. So take some time to think about the areas of your well-being you are most concerned about. For example, perhaps you are worried about your stress levels and how difficult it is to fall asleep each night.

Once you identify your most significant concern, you can set a self-care goal to improve it. To do this, I recommend using the well-known SMART goal-setting method. SMART is an acronym for Specific, Measurable, Attainable, Relevant, and Timely.

This goal-setting technique supplies a clear and logical structure for setting realistic goals. So rather than developing a vague goal like "I will decrease my stress levels" that does not mention how or when you will do it, your goal could be something like this:

"I will reduce my stress levels by improving my sleep patterns so I do not feel cranky and agitated. To do this, I will go to bed at 9 pm each night after following a relaxing 1-hour evening ritual of meditation, deep breathing, and journaling. I will do this every night for a period of three months."

From this, it is clear the goal is to reduce stress and improve sleep (specific). It involves particular techniques like meditation and journaling (measurable) and details what will be done (attainable). Plus, a one-hour evening routine is realistic (relevant), and there is a deadline (timely).

Please review the SMART GOALS PLANNER templates below and utilize them to set your SMART self-care goals.

Smart SELF-CARE GOALS



What is your self-care goal?



How will you measure the success of your goal?



What steps are you going to take?



What makes this goal worth working for?



When is the deadline?

Self-Care Planner

SMART GOALS WORKSHEET

WHAT IS YOUR SELF-CARE GOAL?

ACTION STEPS

01 _____

02 _____

03 _____

START DATE:

DEADLINE:

MARK COMPLETE:

Self-Care Planner

SMART GOALS WORKSHEET

WHAT IS YOUR GOAL?

RESOURCES

3 ACTION STEPS

01 _____

02 _____

03 _____

START DATE:

DEADLINE:

MARK COMPLETE:

A photograph of two women sitting on a wooden bench, smiling and talking. The woman on the left is holding a glass jar. The background features a large green plant. The entire image is overlaid with a semi-transparent blue filter.

SECTION THREE

Self-Care

ACTIVITIES PLANNER



SELF-CARE ACTIVITIES PLANNER TEMPLATES

Choosing suitable activities for your self-care goals

If you used the SMART goal-setting method, you might have already established the required activities for reaching your desired outcome. So, for the next step, choose five self-care activities that you believe will help you reach your goal. Then, using the monthly activities planner, write down your five activities.

Put this somewhere you will see it each day, such as on the fridge, as you'll need to mark off each time you do one of the activities. The purpose of this is to figure out which self-care activities are most beneficial and enjoyable for you. This is important because if you are not getting any benefit from something and do not enjoy it, your self-care routine will feel forced. Moreover, it won't be as effective as it could be.

There are many self-care activities, so naturally, not all will be for you. However, by using the monthly planner, you'll see a pattern of the activities you did the most during the month, signaling the ones you feel most naturally inclined towards.

In addition, you can use the weekly activities planner to track and rank each activity you do. By rating each practice from 1 (very unenjoyable) to 5 (extremely enjoyable), you'll quickly see which ones to drop and which to continue.

Please review the WEEKLY AND MONTHLY SELF-CARE ACTIVITIES planner templates below and use them to track your self-care activities on a regular basis.

Activities PLANNER

WEEKLY SELF-CARE ACTIVITIES PLANNER

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

WEEK OF: _____

Activities PLANNER

WEEKLY SELF-CARE ACTIVITIES PLANNER

ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
_____	<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"/>
_____	<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"/>
_____	<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"/>
_____	<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"/>

WEEK OF: _____

Activities PLANNER

MONTHLY SELF-CARE ACTIVITIES PLANNER

MONTH OF:

ACTIVITY

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		

ACTIVITY

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		

ACTIVITY

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		

ACTIVITY

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		

ACTIVITY

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		

Activities PLANNER

MONTHLY SELF-CARE ACTIVITIES PLANNER

ACTIVITY

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		

ACTIVITY

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		

ACTIVITY

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		

ACTIVITY

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		

ACTIVITY

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		

A photograph of two women sitting on a wooden bench, smiling and talking. The woman on the left has long dark hair and is wearing a light blue button-down shirt and pants. The woman on the right has short brown hair and is wearing a light blue short-sleeved top and pants. They are in a modern, brightly lit room with a large green plant in the background. The entire image is framed by a thin blue border.

SECTION FOUR

Daily & Weekly

SELF-CARE PLANNERS



DAILY & WEEKLY SELF-CARE PLANNER TEMPLATES

Planning self-care into your week

Along with setting clear goals and determining the activities you most enjoy, planning them into your week is essential for success. I recommend scheduling at least one activity per day using the weekly planner template, including the time you'll do it.

If you use a planner or calendar for your work or home tasks, pencil your self-care activities into that too. By putting it in the calendar, you commit to it and, thus, are much less likely to cancel or reschedule it.

One last tip for planning your weekly self-care activities is to schedule more time for them than is required. Sometimes, tasks and appointments run over. For example, if you have only planned 15 minutes to meditate and your last errand runs over, you may lose some or all of that time and miss out on your practice. However, if you schedule 30 minutes instead of 15, there is less chance you'll miss out should you fall behind schedule.

Please review the DAILY AND WEEKLY SELF-CARE PLANNERS Templates below and use them to schedule in your favorite self-care activities on a regular basis.

Daily PLANNER

DAILY SELF-CARE SCHEDULE

8am _____

9am _____

10am _____

11am _____

12am _____

1pm _____

2pm _____

3pm _____

4pm _____

5pm _____

TOP PRIORITIES

1 _____

2 _____

3 _____

SELF-CARE FAVORITES



NOTES

Daily PLANNER

DAILY SELF-CARE SCHEDULE

8am	_____
9am	_____
10am	_____
11am	_____
12am	_____
1pm	_____
2pm	_____
3pm	_____
4pm	_____
5pm	_____
6pm	_____

TOP PRIORITIES

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

SELF-CARE FAVORITES AND NOTES



Weekly PLANNER

M
Monday

T
Tuesday

W
Wednesday

T
Thursday

F
Friday

Weekly PLANNER

WEEKLY SELF-CARE SCHEDULE

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

SUNDAY

A photograph of two women sitting on a wooden floor, engaged in conversation. The woman on the left has long dark hair and is wearing a light blue button-down shirt and purple pants, holding a glass of water. The woman on the right has short brown hair and is wearing a blue top with a beaded neckline and blue pants. They are both smiling. The background features a large green plant and a blue wall. The entire image is framed by a thin blue border.

SECTION FIVE

Self-Care

RESOURCES

LET'S STAY IN TOUCH!

Thank you so much for reading and for making your self-care practice a core component of your life with this Self-Care Planner!

Please visit www.TeamSelfCare.com for more self-care programs, courses, tools, and other resources.

You can also reach us on Instagram @TeamSelfCare or email us at Support@TeamSelfCare.com. I look forward to connecting with you soon!

In deep gratitude.



@TeamSelfCare1



@TeamSelfCare

www.TeamSelfCare.com