

# Goals

## SHORT TERM

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## LONG TERM

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# Daily Planner

Date

## SCHEDULE

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

## NOTES

## TO DO LIST

# DAILY PLANNER

DATE:

TO DO LIST:

GOALS:

PRIORITIES:

NOTES:

# Daily Goals

Date:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Today's Intention

Date:

Today I will be:

Today I will attract:

Today I will feel:

Today I am thankful for:

# Habit Tracker

Date:

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[illegible]

# Daily Planner

Date \_\_\_\_\_

## To Do List

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

Notes:

## Schedule

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

# DAILY PLANNER

DATE

PERIOD 1

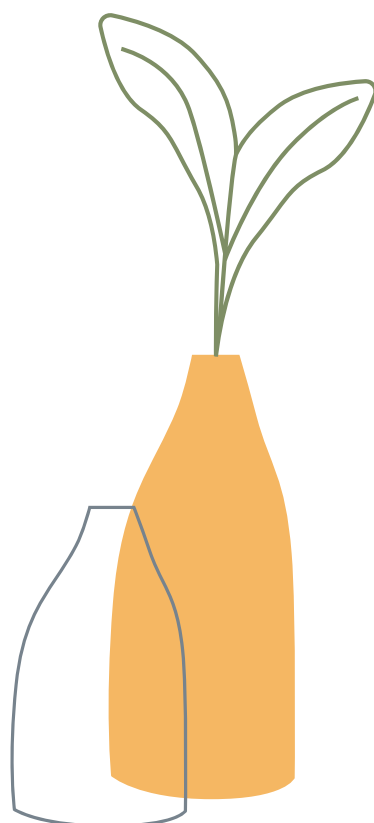
PERIOD 2

PERIOD 3

PERIOD 4

PERIOD 5

TO DO







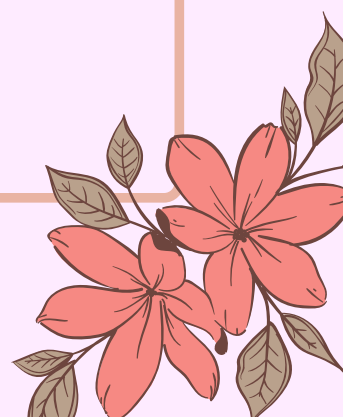
# DAILY PLANNER

Date :

SCHEDULE

TO-DO LIST

REMINDER





# Daily Planner

Date & Time

Activity

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Notes

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<div>WEEKLY PLANNER</div>		DATE:
<div>MONDAY</div>		
<div>TUESDAY</div>		
<div>WEDNESDAY</div>		
<div>THURSDAY</div>		
<div>FRIDAY</div>		
<div>SATURDAY</div>		
<div>SUNDAY</div>		

# Weekly Planner

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**


**Saturday**

**Sunday**



# Yearly Planner

January	February	March
April	May	June
July	August	September
October	November	December



# Yearly Planner

January	February	March
April	May	June
July	August	September
October	November	December

# Activity Planner



## LIST OF HABITS

	S	M	T	W	T	F	S
-----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## TODAY'S TO-DO-LIST

## WHAT I AM GREATFULL FOR TODAY

## NOTES

# MY MENTAL HEALTH SUPPORT PLAN

## EXERCISE & MOVEMENT

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## ENJOYABLE STUFF

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## UNHELPFUL THOUGHTS

1. 

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2. 

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3. 

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## BLOGS, PODCASTS, SITES, BOOKS, APPS, RESOURCES

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## HELPFUL ALTERNATE THOUGHTS

1. 

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2. 

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3. 

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# Self-Care Plan

## My Stress Relievers

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_

## My Signs of Stress

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## Healpful Reminders

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## My Support System

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## Affirmations

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Date:

# RELAXATION PLANNER

Schedule


Mood Today



Water Tracker



Reminder

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Notes

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