

SELF CARE PLANNER



Week Commencing

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MON TUE WED THU FRI SAT SUN



MORNING ROUTINE



BEDTIME ROUTINE



EAT HEALTHILY & REGULARLY

BREAKFAST

LUNCH

DINNER



SOMETHING I WANT TO ACHIEVE THIS WEEK



WAYS TO BUILD POSITIVE EXPERIENCES




EXERCISE




CONNECT WITH OTHERS



RELAXATION



SKILLS I CAN USE TO STAY ON TRACK



POSITIVE THINGS I CAN SAY TO MYSELF

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