my monthly goal tracker

HOW DO YOU WANT TO FEEL THIS MONTH?



How will I care for my mental health better?

How will I set better boundaries?

How will I care for my body better?

What do I want to accomplish?

How can I rest more?

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5 Areas of Wellbeing

Each month determine a habit that will help you improve each of the five areas of your life.

In the following worksheet there is a place to track your daily progress on these habits!



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My Self Care Habit Tracker

HAPPINESS IS A HABIT, TRACK IT!

	SUN	MON	TUES	WED	THU	FRI	SAT
HABIT #1							
HABIT #2							
HABIT #3							
HABIT #4							
HABIT #5							

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"WE FIRST MAKE OUR HABITS
THEN OUR HABITS MAKE US."

Weekly Self Care Tracker

WEEK OF:

_____

What are three things you can do each day that are honoring YOUR mental, physical, and spiritual health?

They can be simple and quick tasks that change every day. What is more important is that you are consistently checking in & caring for yourself.

Example:

MORNING:
Stretch
AFTERNOON:
Talk to a friend
EVENING:
Journal & Gratitude

MONDAY

MORNING

AFTERNOON

EVENING

TUESDAY

MORNING

AFTERNOON

EVENING

WEDNESDAY

MORNING

AFTERNOON

EVENING

THURSDAY

MORNING

AFTERNOON

EVENING

FRIDAY

MORNING

AFTERNOON

EVENING

SATURDAY

MORNING

AFTERNOON

EVENING

SUNDAY

MORNING

AFTERNOON

EVENING

NOTES:

DAY PLANNER

"My general attitude to life is to enjoy every minute of every day. I never do anything with a feeling of 'Oh God, I've got to do this today." - Richard Branson

IMPORTANT TASKS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEAL & SNACK TRACKER

Review:

Where could I have shown myself more love today?

Why am I proud of myself today?

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Self Care Journal Prompts

1. What does your dream life look like?
2. What do you need to stop doing to live a happier and ore fulfilling life?
3. What do you most need to heal right now?
4. What area of life am I neglecting my needs in?
5. How can I love myself today?
6. What is my favorite personality trait?
7. How can I better use my time to reach my goals?
8. What have I accomplished this year?
9. What makes me feel the most alive? How can I incorporate this into my life more often?
10. What does my ideal day look like?
11. What negativity or stress can I let go of?
12. Why do I put so much pressure on myself and how can I get rid of these old unhelpful beliefs?
13. What about your mindset isn't working for you that needs to be shifted?
14. What are you most grateful for right now?
15. How can you remind yourself that you are enough?
16. What do you love about life?

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Self Care Affirmations

HANG THIS SOMEWHERE YOU WILL SEE IT DAILY FOR BEST RESULTS!

Why are affirmations important?

We have to retrain our thinking to more positive habitual patterns to change our lives.

- I deserve to take amazing care of myself
- Every day I love myself more.
- I value my mind, emotions, body, and spirit.
- Every positive step I take in the right direction should be celebrated.
- I am enough, I do enough, and I have enough.
- I am worthy of love and fill myself up with love first. I make it a priority every day to nourish my mind, and soul.
- I am beautiful and I radiate from within.
- I treat myself with the same kindness that I would treat my most loved ones.
- I believe in myself and I am proud of myself. I have many talents, gifts, and amazing qualities that are unique to me.

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