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**GOALS**

MONTH \_\_\_\_\_ YEAR \_\_\_\_\_

I'M GRATEFUL FOR \_\_\_\_\_

EXERCISE & NUTRITION \_\_\_\_\_

MY BIGGEST SELF-CARE GOAL THIS WEEK \_\_\_\_\_

HABITS TO START \_\_\_\_\_

HABITS TO STOP \_\_\_\_\_

THINGS THAT MADE ME HAPPY THIS WEEK \_\_\_\_\_

ACHIEVE BY \_\_\_\_\_

REWARD \_\_\_\_\_

**WEEKLY SELF-CARE**

MONTH \_\_\_\_\_ YEAR \_\_\_\_\_

I'M GRATEFUL FOR \_\_\_\_\_

EXERCISE & NUTRITION \_\_\_\_\_

MY BIGGEST SELF-CARE GOAL THIS WEEK \_\_\_\_\_

HABITS TO START \_\_\_\_\_

HABITS TO STOP \_\_\_\_\_

THINGS THAT MADE ME HAPPY THIS WEEK \_\_\_\_\_

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**DAILY GOALS**

DATE \_\_\_\_\_

GOALS \_\_\_\_\_

GOAL ACHIEVED \_\_\_\_\_

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**MY HABIT TRACKER**

	MON	TUE	WED	THU	FRI	SAT	SUN

**WEEKLY SELF-CARE**

MONTH \_\_\_\_\_ YEAR \_\_\_\_\_

I'M GRATEFUL FOR \_\_\_\_\_

EXERCISE & NUTRITION \_\_\_\_\_

MY BIGGEST SELF-CARE GOAL THIS WEEK \_\_\_\_\_

HABITS TO START \_\_\_\_\_

HABITS TO STOP \_\_\_\_\_

**RESOLUTIONS**

MY WORD IS \_\_\_\_\_

PLACES TO VISIT \_\_\_\_\_

THINGS TO DO BETTER \_\_\_\_\_

# Self Help Planner

**Jiyuan Zhang**



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