

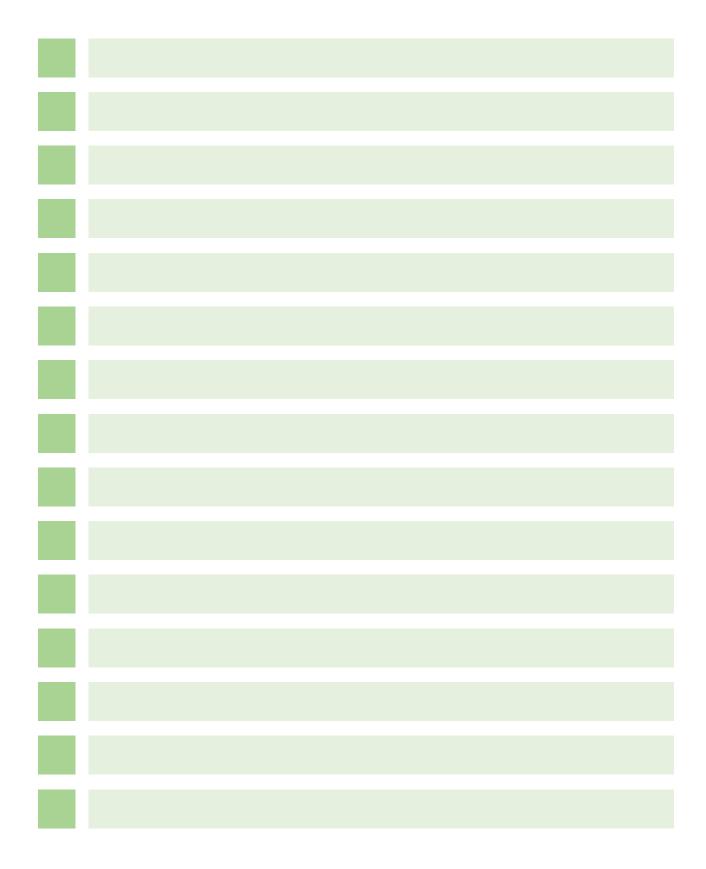
2025 PLANNER

STOP DREAMING AND START DOING.

		JAI	NUA	RY					FEE	BRU	ARY					М	ARC	Н		
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6 13 20 27 S 5 12	7 14 21 28 M 6 13	T 1 8 8 15 22 29 O C T 7 14 21	w 2 9 16 23 30 TOE w 1 8 15 22	T 3 10 17 24 31 T 2 9 16 23	4 11 18 25 F 3 10 17 24	5 12 19 26 S 4 11	3 10 17 24 31 \$ \$ 2 9 16	4 11 18 25 M	T 5 12 19 26 NOV T 4 11 18	w 6 13 20 27 VEM w 5 12 19	T 7 14 21 28 BER T 6 13 20	1 8 15 22 29 F 7 14 21	2 9 16 23 30 \$ 1 8 15 22	7 14 21 28 \$ 7 14 21	M 1 8 15 22 29 M 1 8 15 22 29	T 2 9 16 23 30 DEC T 2 9 16 23	W 3 10 17 24 CEM W 3 10 17 24	T 4 11 18 25 T 4 11	F 5 12 26 F 5 12	6 13 20 27 \$ 6 13
6 13 20 27 \$ 5	7 14 21 28 M	T 1 8 8 15 22 29 OCC T 7 14	w 2 9 16 23 30 TOE w 1 8 15	T 3 10 17 24 31 T 2 9 16	4 11 18 25 F 3 10	5 12 19 26 S 4 11	3 10 17 24 31 S	4 11 18 25 M	T 5 12 19 26 NOV T 4 11	w 6 13 20 27 VEM w 5 12	T 7 14 21 28 BER T 6 13	1 8 15 22 29 F	2 9 16 23 30 \$ 1 8 15	7 14 21 28 S	M 1 8 15 22 29 M 1 8 15	T 2 9 16 23 30 DEC	w 3 10 17 24 CEM w 3 10 17	T 4 11 18 25 T 4 11 18	F 5 12 26 F 5 12 19	6 13 20 27 \$ 6 13 20



2025 GOALS



JANUARY

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

FEBRUARY

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	GREAT THINGS NEVER CAME FROM COMFORT ZONES.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

MARCH

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	DON'T LIMIT YOUR CHALLENGES. CHALLENGE YOUR LIMITS.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

APRIL

WEEK 1		EEK 2	
WEEK 3		EEK 4	
WEEK 5		WANDER OFTEN,	WONDER ALWAYS.
SELF-CARE		DO NOT FORGE	T
HABIT TRACKER	S M T W	T F S	AFFIRMATION
		• • •	

MAY

WEEK 1		WEEK 2	
WEEK 3		WEEK 4	
WEEK 5			
		EVERYTHING YOU'VE EVER IS ON THE OTHER SIDE OF	
SELF-CARE		DO NOT FORGET	
HABIT TRACKER	S M T	W T F S AFFIRM	ATION
	• • •		
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JUNE

WEEK 1		WEEK 2
WEEK 3		WEEK 4
		TRAVEL IS THE HEALTHIEST ADDICTION.
SELF-CARE		DO NOT FORGET
HABIT TRACKER	S M T	W T F S AFFIRMATION
	0 0 0	

JULY

WEEK 1	WEEK 2
WEEK 3	WEEK 4
	FALL IN LOVE WITH TAKING CARE OF YOURSELF.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

AUGUST

WEEK 1		WEEK 2	
WEEK 3		WEEK 4	
WEEK 5		DON'T COUNT THE DAYS; MAKE TI DAYS COUNT.	HE
SELF-CARE		DO NOT FORGET	
HABIT TRACKER	S M T	W T F S AFFIRMATION	N
	0 0 0		

SEPTEMBER

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	
	JUST LIVING MY BEST LIFE.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

OCTOBER

WEEK 1		WEEK 2
WEEK 3		WEEK 4
WEEK 5		BE GENTLE WITH YOURSELF
SELF-CARE		DO NOT FORGET
HABIT TRACKER	S M T	W T F S AFFIRMATION

NOVEMBER

WEEK 1		WEEK 2
WEEK 3		WEEK 4
WEEK 5		STAY INSPIRED NEVER STOP CREATING
SELF-CARE		DO NOT FORGET
HABIT TRACKER	S M T	W T F S AFFIRMATION

DECEMBER

WEEK 1			WEEK	:K 2			
		_					
WEEK 3			WEEK 4				
		_					
WEEK 5							
		_			TODA	AY, I WILL	
SELF-CARE			DO	нот	FORG	GET	
HABIT TRACKER	S M	т	w T	F	s	AFFIRMATION	
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WEEKLY PLANNER

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	weekly goals				
Thursday	weekly goals				
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WEEKLY PLANNER

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DAILY SELF-CARE CHECKLIST

DA	TE /	S	M T W T F S			
	MAKE YOUR BED		TAKE A LONG BATH			
	TAKE YOUR MEDICATIONS & VITAMINS		DO A FACE MASK			
\bigcirc	SKINCARE ROUTINE	\bigcirc	CALL A FRIEND OR FAMILY			
	HEALTHY MEALS	\bigcirc	MEDITATION			
	GO FOR A WALK	\bigcirc	WATCH A MOVIE			
\bigcirc	CLEANING HOUSE		CUDDLE A PET OR HUMAN			
\bigcirc	WASHING CLOTHES		TRY A NEW RESTAURANT			
\bigcirc	LISTEN TO MUSIC	\bigcirc	MAKE TIME TO READ			
\bigcirc	HAVE A POWER NAP	\bigcirc	TRY A NEW RECIPE			
	SOCIAL MEDIA BREAK		NO PHONE 30 MINS BEFORE BED			
wo	RKOUT		HOURS OF SLEEP (Hours)			
	CARDIO WEIGHT YOGA					
\bigcirc	STRETCH REST DAY OTHER		1 2 3 4 5 6 7 8			
			WATER BALANCE (Glass)			
TH:	INGS THAT MAKE ME HAPPY TODAY		1 2 3 4 5 6 7 8			
			MOOD			
			ANGRY TIRED SAD GREAT FUN			



NOTES
