

# HER BEST LIFE *Planner*



FOR EVERY GIRL  
READY TO RECLAIM  
THEIR LIFE



# Self-Care *Intentions*



DATE:

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

INTELLECTUAL SELF-CARE

SOCIAL SELF-CARE

ENVIRONMENTAL SELF-CARE

NOTES

# Weekly Planner

WEEK OF:

SCHEDULE	TO-DO	SLEEP
SUNDAY	1. 2. 3.	
MONDAY	1. 2. 3.	
TUESDAY	1. 2. 3.	
WEDNESDAY	1. 2. 3.	
THURSDAY	1. 2. 3.	
FRIDAY	1. 2. 3.	
SATURDAY	1. 2. 3.	

HABITS (BODY/BASICS)	S	M	T	W	T	F	S	HABITS (MIND/SOUL)	S	M	T	W	T	F	S

## NOTES & THOUGHTS

# Habit Tracker

MONTH:

HABIT	1	2	3	4	5	6	7	8	9	10	11
	12	13	14	15	16	17	28	19	20	21	22
	23	24	25	26	27	28	29	30	31		

Goal:                      Achieved:                      Reward:

HABIT	1	2	3	4	5	6	7	8	9	10	11
	12	13	14	15	16	17	28	19	20	21	22
	23	24	25	26	27	28	29	30	31		

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Goal:                      Achieved:                      Reward:

Notes: