



BUOR

Self-Care Planner

Mind

Mind

Mindfulness and
self-knowledge

Soul

Stimulation and
fulfillment

Goals for my mind

Body

Self-care

Basic hygiene
and body care

Improvement

Exercise, sleep,
and healthy food

Goals for my body

Notes

*Good rules & habits
I want to live by:*

Self Reflection

Dear My Future Self

Today's Date

.....

Dear Me,

Instruction

Writing a letter to your future self is a fun exercise that lets you reflect on your current life, as well as your goals and dreams.

Decide how old do you want your future self to be when you read this letter and store it somewhere save until then.

Sincerely,
Myself

Self Reflection

Soul Stuff Notes



Things I do when I'm sad

Blank space for writing notes about things done when sad.

Things I do when I'm bored

Blank space for writing notes about things done when bored.

Things I'm looking forward to

Blank space for writing notes about things to look forward to.

Instruction

Fill these space with your favorite activities & things to fall back on when you're in a bad mood and having a not-so-good day.

My Favorite

Favorite Movies

- ▶
- ▶
- ▶

Favorite Books

- ▶
- ▶
- ▶

Favorite Games

- ▶
- ▶
- ▶

Self Improvement

30 Self-care Challenges

<input type="checkbox"/> Stretch all your muscles	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Indulge in your favorite treat	<input type="checkbox"/> Go to bed earlier
<input type="checkbox"/> Listen to favorite song	<input type="checkbox"/> Eat vegetarian meals	<input type="checkbox"/> Take a nice bubble bath	<input type="checkbox"/> Cook your favorite meal	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Journaling	<input type="checkbox"/> Give yourself a facial	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Try a DIY Project
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a book	<input type="checkbox"/> Explore a new city	<input type="checkbox"/> Watch your favorite movie	<input type="checkbox"/> Give yourself a manicure
<input type="checkbox"/> Get some sunlight	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organize your closet	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Create your ideal future	<input type="checkbox"/> Surround yourself with positivity	<input type="checkbox"/> Drink plenty of water