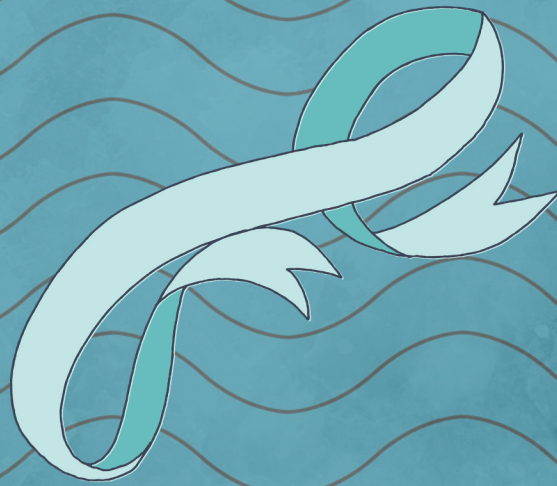
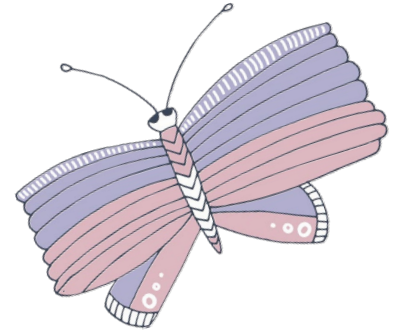


Self-Care
Planner
for 
Women

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Welcome!



Thank you for choosing this self-care planner.

I know it can be hard to make time for yourself. That's what this planner is for; to help you stay focused and remember you're important, too.

Use this planner to track yourself emotionally, see what you're doing to help yourself physically, and plan how to bring in new thoughts and actions to help you become a better you. Over time you'll see how far you've come!

So, start in right now. You've taken positive action by downloading this planner. Make tomorrow the best it can be!

BJ Richards



About Me:

Hello!

I live in the southwest, working full-time from home, creating products to help you with your goals and focus on a better, happier life. My daughter is grown and comes and goes. Most of the time I was a single mom, so know how time can slip away without any focus on yourself.

But my home is filled with non-stop activity from all the kitties and dogs. And I enjoy the wildlife and peace from living in a small town.

You can find more of my work at <http://bjrichardsauthor.com/> and <https://bjrichards.com/>

Affirmations

DAILY AFFIRMATIONS

IDEAS & PROMPTS

I'm in charge of how I feel today, and I'm choosing to be happy.

I'm brave enough to climb any mountain.

I have the power to change my story.

I've decided that I'm good enough.

No one can make me feel inferior.

My strength is greater than my struggle.

I'll use my failures as a stepping stone.

It's not their job to like me. It's mine.

Success will be my driving force.

The only person who can defeat me, is me.

I dare to be different.

I do not need other people to be happy.

I deserve love, happiness and success.

I am loved and I am wanted.

I will not apologize for being myself.

Positive Thinking

POSITIVE THOUGHTS:
WRITE DOWN YOUR FAVORITE INSPIRATIONAL PHRASE



AFFIRMATION:



One Day at a Time

Month of _____

S	M	T	W	T	F	S

NOTES & REMINDERS

Blank area for notes and reminders.

Week
One



One Day at a Time

MONDAY'S MOOD

TUESDAY'S MOOD

WEDNESDAY'S MOOD

Good
things
take
time

THURSDAY'S MOOD