

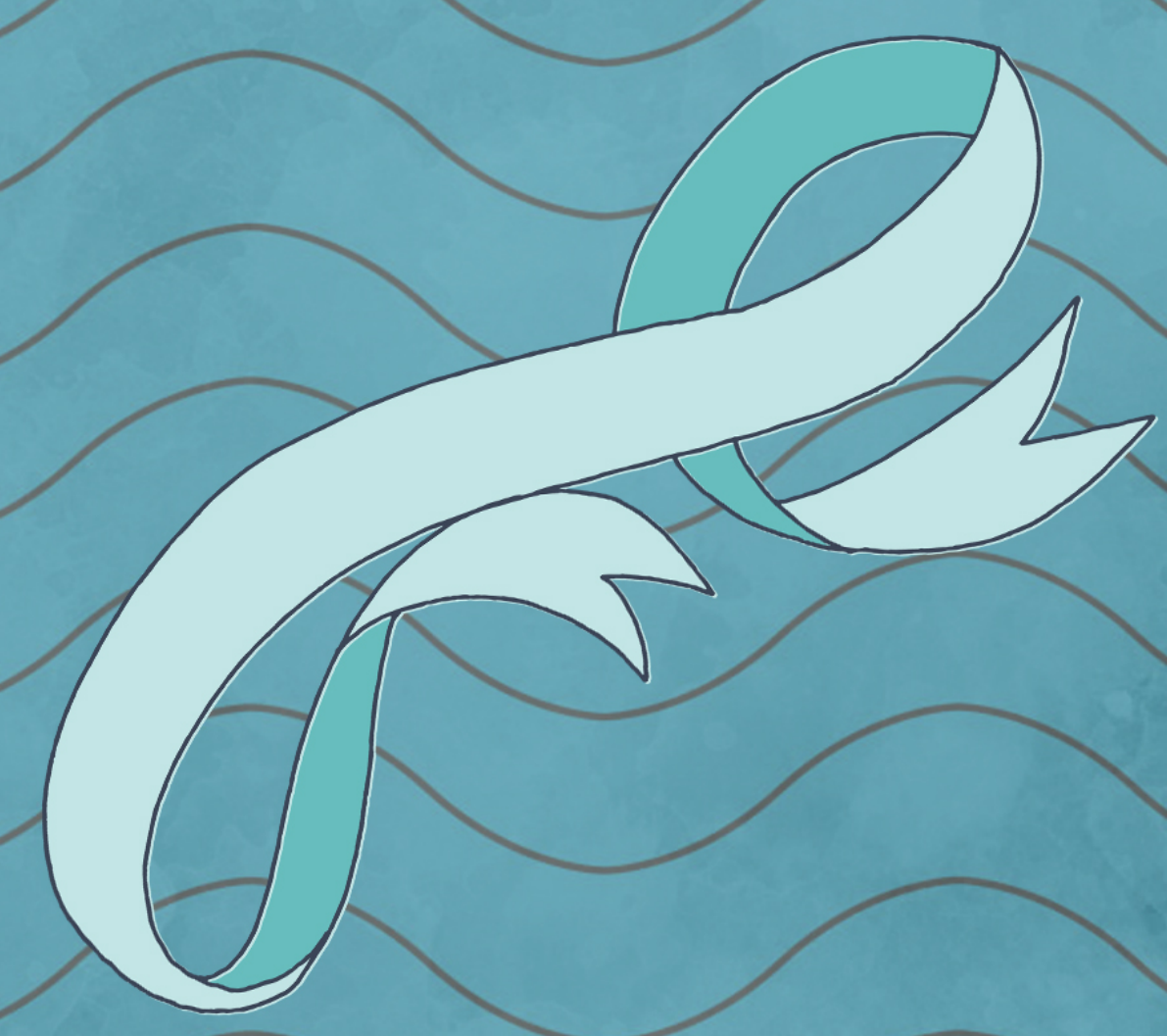
HOME

MONTH 1

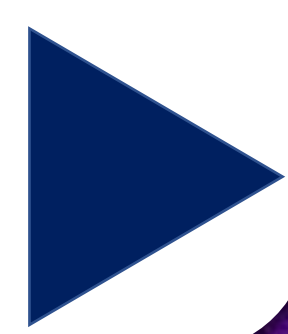
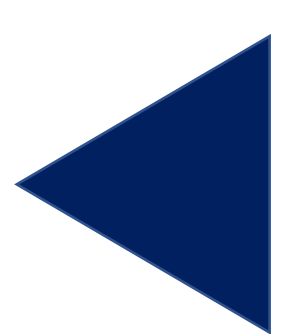
MONTH 2

MONTH 3

Self-Care
Planner
for
Women



BJ Richards.com



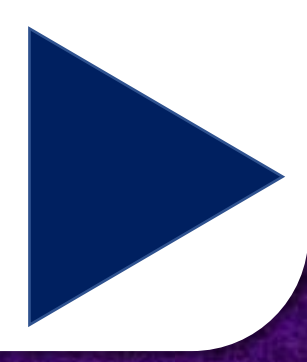
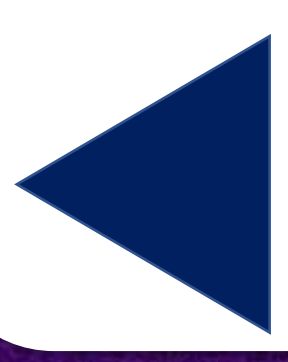
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MONTH 1

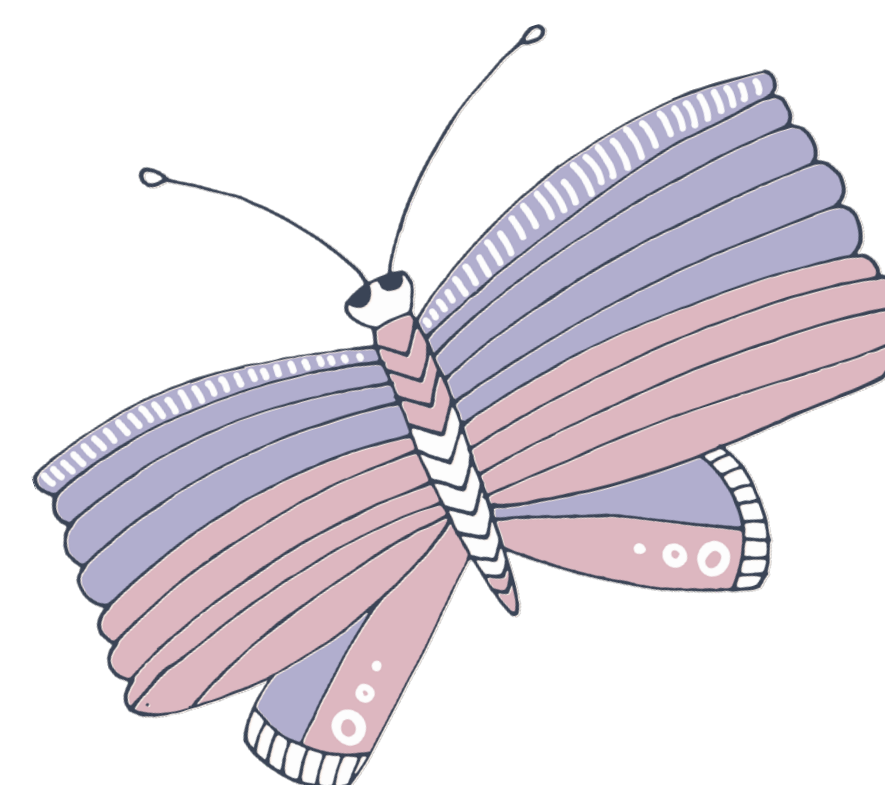
MONTH 2

MONTH 3

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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



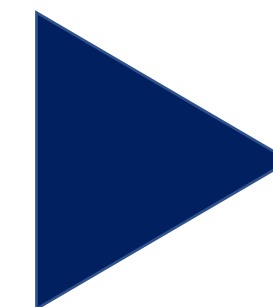
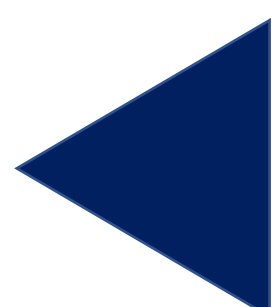
About Me:

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/>



A Year in Color

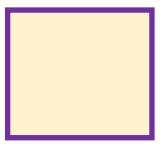
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OR ANGRY



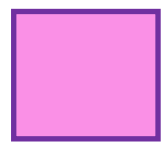
NERVOUS, STRESSED OR
ANXIOUS



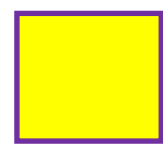
ENERGIZED OR EXCITED



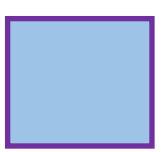
CALM OR RELAXED



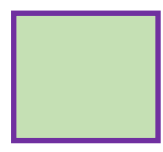
DEPRESSED, SAD OR
EMOTIONAL



ACTIVE, FOCUSED OR
MOTIVATED



HAPPY, POSITIVE OR
OPTIMISTIC



TIRED, RESTLESS OR
UNEASY

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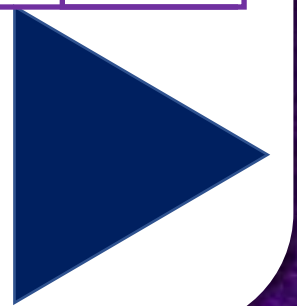
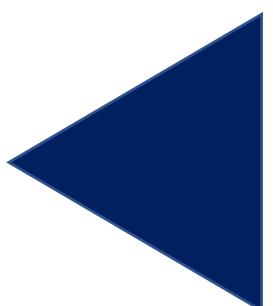
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HOME

MONTH 1

MONTH 2

MONTH 3



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.

HOME

MONTH 1

MONTH 2

MONTH 3

Positive Thinking

POSITIVE THOUGHTS:
WRITE DOWN YOUR FAVORITE INSPIRATIONAL PHRASE

Do what
makes
you
Happy

AFFIRMATION:



HOME

MONTH 1

MONTH 2

MONTH 3

One Day at a Time

Month of _____

S	M	T	W	T	F	S

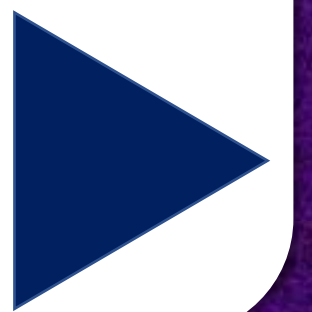
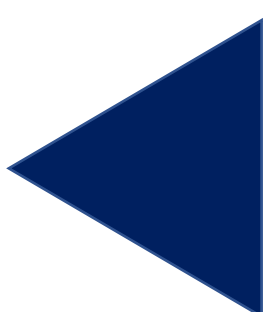
NOTES & REMINDERS

HOME

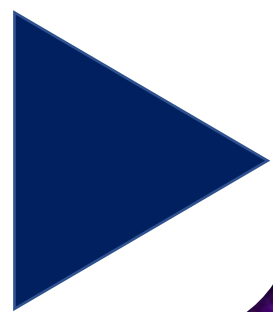
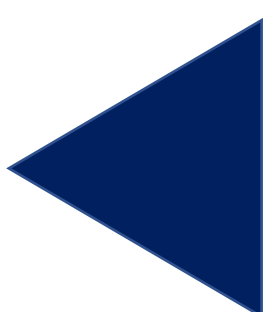
MONTH 1

MONTH 2

MONTH 3



Week One



One Day at a Time

MONDAY'S MOOD

TUESDAY'S MOOD

WEDNESDAY'S MOOD

Good things
take time

THURSDAY'S MOOD

HOME

MONTH 1

MONTH 2

MONTH 3