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**RESOLUTIONS**

DATE: \_\_\_\_\_

MY RESOLUTION IS \_\_\_\_\_

WHY? \_\_\_\_\_

ACHIEVE BY \_\_\_\_\_

REWARD \_\_\_\_\_

**WEEKLY SELF-CARE**

MONTH \_\_\_\_\_ YEAR \_\_\_\_\_

I'M GRATEFUL FOR \_\_\_\_\_

EXERCISE & NUTRITION \_\_\_\_\_

MY BIGGEST SELF-CARE GOAL THIS WEEK \_\_\_\_\_

HABITS TO START \_\_\_\_\_

HABITS TO STOP \_\_\_\_\_

THINGS THAT MADE ME HAPPY THIS WEEK \_\_\_\_\_

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**DAILY GOALS**

DATE: \_\_\_\_\_

GOALS \_\_\_\_\_

GOAL ACHIEVED \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

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14 \_\_\_\_\_

15 \_\_\_\_\_

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**MY HABIT TRACKER**

|  | MON | TUE | WED | THU | FRI | SAT | SUN |
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MONTH \_\_\_\_\_ YEAR \_\_\_\_\_

I'M GRATEFUL FOR \_\_\_\_\_

EXERCISE & NUTRITION \_\_\_\_\_

MY BIGGEST SELF-CARE GOAL THIS WEEK \_\_\_\_\_

HABITS TO START \_\_\_\_\_

HABITS TO STOP \_\_\_\_\_

**RESOLUTIONS**

MY WORD IS \_\_\_\_\_

PLACES TO VISIT \_\_\_\_\_

THINGS TO DO BETTER \_\_\_\_\_

# Self Help Planner

**William J. Reid**



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