



Self-care
PLANNER
for
BUSY MUMS

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Self-care

DAILY PLANNER

DATE:

MORNING

IDEAS FOR SELF-CARE

- PRACTISE YOGA
- GO FOR A WALK IN NATURE
- MEDITATE
- TAKE A BATH
- WATCH AN INSPIRING TED TALK
- READ A BOOK
- CALL A FRIEND WHO LIFTS YOU UP
- WRITE IN YOUR JOURNAL
- MAKE A HEALTHY BREAKFAST
- DRINK A CUP OF HERBAL TEA
- PAINT, DRAW, COLOUR

AFTERNOON

EVENING

PLAN FOR TOMORROW

MOTIVATION