



Monthly Planner

www.freeflowbotanicals.com

Monthly Planner



Month / Year:


MON	TUE	WED	THU	FRI	SAT	SUN

Important
Dates:

Priorities:

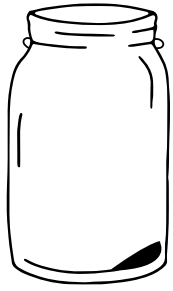


Self-care habits:



Notes:





Monthly Gratitude Jar



Date:

Today I'm grateful for:

Date:

Today I'm grateful for:

Date:

Today I'm grateful for:

Date:

Today I'm grateful for:

Date:

Today I'm grateful for:

Date:

Today I'm grateful for:

30 days of being kind to yourself



- | | |
|--|---|
| <input type="checkbox"/> Wake up 15 minutes earlier than usual | <input type="checkbox"/> Do a social media purge |
| <input type="checkbox"/> Create a bucketlist | <input type="checkbox"/> Make a mood board |
| <input type="checkbox"/> Take a social media break | <input type="checkbox"/> Handcraft a home decor |
| <input type="checkbox"/> Empty out your online shopping cart | <input type="checkbox"/> Declutter your room |
| <input type="checkbox"/> Treat yourself to a spa day | <input type="checkbox"/> Turn up the volume and go dancing |
| <input type="checkbox"/> Go on a 5-minute meditation | <input type="checkbox"/> Turn off your alarm for tomorrow |
| <input type="checkbox"/> Make your own affirmation | <input type="checkbox"/> Write a letter to your future self |
| <input type="checkbox"/> Try a new recipe | <input type="checkbox"/> Revisit a childhood hobby |
| <input type="checkbox"/> Have a game night | <input type="checkbox"/> Listen to a podcast |
| <input type="checkbox"/> Create a new spotify playlist | <input type="checkbox"/> Be a vegetarian for day |
| <input type="checkbox"/> Go sugar free for a day | <input type="checkbox"/> Go for a morning stroll |
| <input type="checkbox"/> Take a nap | <input type="checkbox"/> Watch a TED talk |
| <input type="checkbox"/> Attend an online concert | <input type="checkbox"/> Plan next week's meal |
| <input type="checkbox"/> Watch a funny movie | <input type="checkbox"/> Eat dark chocolate |
| <input type="checkbox"/> Take a long shower or bath | <input type="checkbox"/> Leave work early or take a day off |

