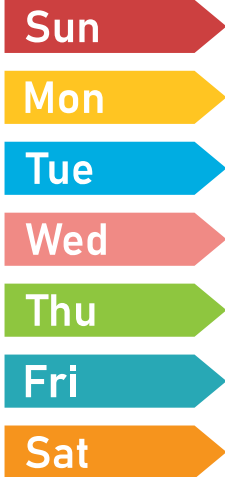

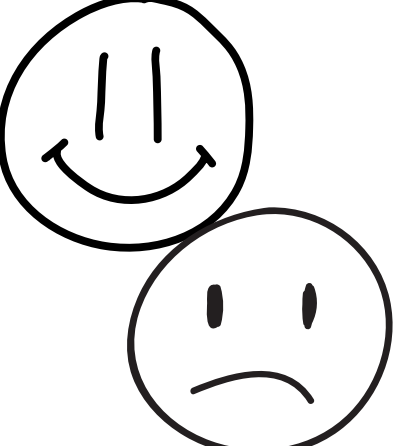


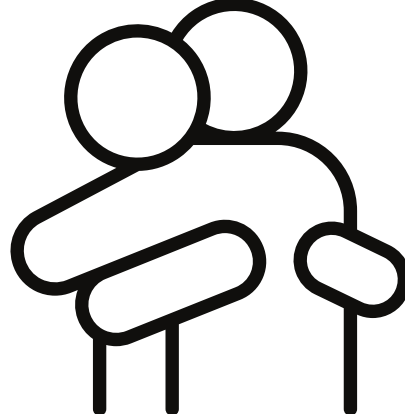
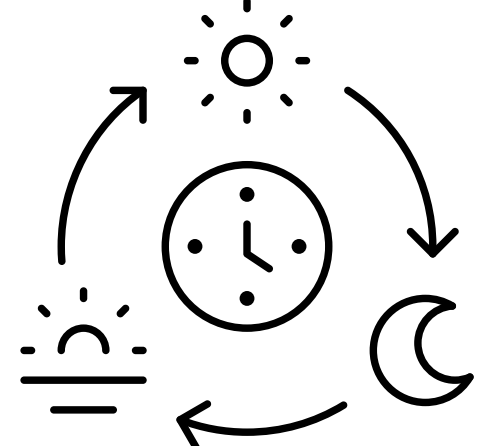
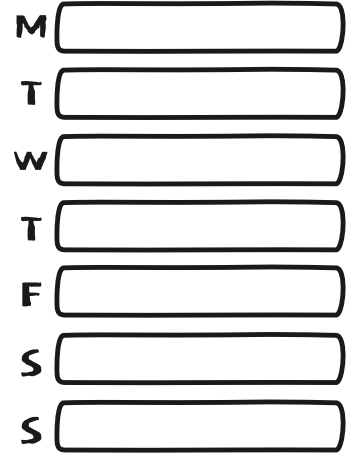
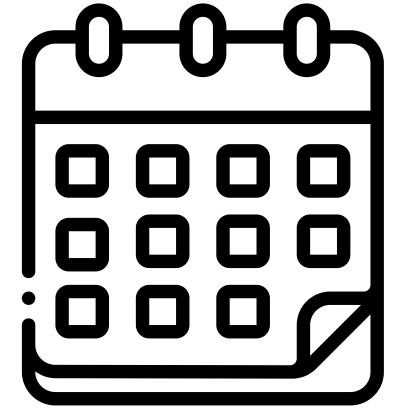




<h1>SELF-CARE PLANNER</h1>	<h2>EMOTIONAL</h2> <p>EMOTIONS ARE:</p> <ul style="list-style-type: none"> <li>NORMAL</li> <li>HELPFUL</li> <li>IMPORTANT</li> </ul>	<h2>PHYSICAL</h2> <p>HEALTHY BODY HEALTHY MIND</p>	<h2>MENTAL</h2> <p>LEARN AS IF YOU WERE TO LIVE FOREVER - GHANDI</p>	<h2>SOCIAL</h2> <p>NOBODY IS AN ISLAND - JOHN DONNE</p>
<p><b>DAILY</b></p> 	<p>e.g. gratitude journal - write down 3 things you're grateful for</p>	<p>e.g. go for a walk</p>	<p>e.g. read a chapter of a book</p>	<p>e.g. ask a friend how they're doing</p>
<p><b>WEEKLY</b></p> 	<p>e.g. do something that brings you joy</p>	<p>e.g. go to football training</p>	<p>e.g. finish an interesting podcast</p>	<p>e.g. arrange to meet a friend for coffee</p>
<p><b>MONTHLY</b></p> 	<p>e.g. try a new form of mindfulness or creativity</p>	<p>e.g. try something new, stretch your comfort zone</p>	<p>e.g. complete an assessment at school</p>	<p>e.g. go for dinner with your family</p>
<p><b>ANNUALLY</b></p> 	<p>e.g. reflect on the year using Phase journalling tools</p>	<p>e.g. beat your PB in your favourite athletics event</p>	<p>e.g. achieve your exam goals</p>	<p>e.g. invite all your closest friends to celebrate your birthday</p>

<h1>Self-care planner</h1>	Emotional 	Physical 	Mental 	Relational 
Daily 				
Weekly 				
Monthly 				
Annually 