



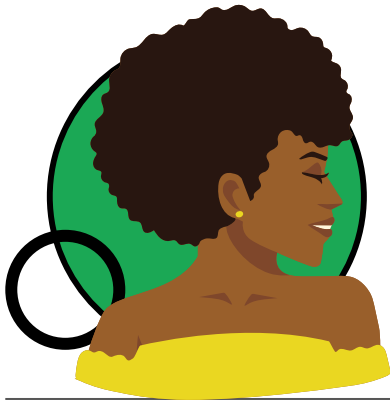
# Amiress Asemota

SELF-CARE PLANNER

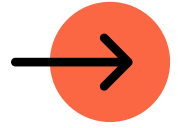
Women's Edition

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# Self-care Plan



## GOALS FOR MY MIND

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## GOALS FOR MY BODY

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## MIND

### Mental health

Mindfulness and self knowledge

### Soul

Stimulation and fulfillment

## BODY

### Self-care

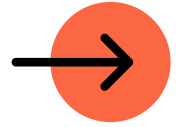
Basic hygiene and body care

### Improvement

Exercise, sleep and healthy food

## GOOD RULES & HABITS I WANT TO LIVE BY

# Teatime Bible Study I



Today's Date

Notes

.....

**Spiritual Warfare**

**Scriptures**

1 John 4:1-6

Ephesians 6:12; 10-11

II Corinthians 10: 4-6

Matthew 16:18; 18:18

Daniel 10: 12-13

Mark 16:9

Luke 8:2, 24, 28-30

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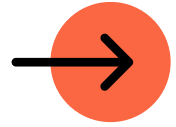
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# Teatime Bible Study II



Today's Date

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Notes

## A Wise Woman

Proverbs 14: 1-2

James 1:22

Matthew 15:14-20

## Kindness

James 1:5

Ephesians 4:32

Colossians 3:12

Titus 3: 4-6

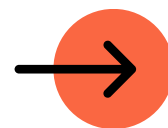
Proverbs 19:22

Proverbs 2:3





# Dear My Future Self



**Today's Date**

.....

**Dear me,**

## **Instruction**

Penning a note to your future self is like sending a message in a bottle to the person you're becoming! Dive into a world of self-reflection, goals, and dreams. Choose the perfect age for your future self to stumble upon this treasure and stash it away until the right moment arrives.

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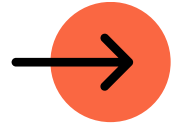
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**Sincerely,**  
Myself

# Soul Stuff Notes



## Instruction

Fill these space with your favorite activities & things to fall back on when you're in a bad mood and having a not-so-good day.

## MY FAVORITE

### Favorite Movies

- ▶ .....
- ▶ .....
- ▶ .....

### Favorite Books

- ▶ .....
- ▶ .....
- ▶ .....

### Favorite Games

- ▶ .....
- ▶ .....
- ▶ .....

## THINGS I DO WHEN I'M SAD

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.....

.....

## THINGS I DO WHEN I'M BORED

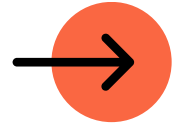
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## THIS YEAR I'M LOOKING FORWARD TO

# 30 Self-care Challenges



<input type="checkbox"/> Stretch all your muscles	<input type="checkbox"/> Pray daily	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Indulge in your favorite treat	<input type="checkbox"/> Go to bed earlier
<input type="checkbox"/> Listen to favorite song	<input type="checkbox"/> Eat vegetarian meals	<input type="checkbox"/> Take a nice bubble bath	<input type="checkbox"/> Cook your favorite meal	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Journaling	<input type="checkbox"/> Give yourself a facial	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Try a DIY Project
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a book	<input type="checkbox"/> Explore a new city	<input type="checkbox"/> Watch your favorite movie	<input type="checkbox"/> Give yourself a manicure
<input type="checkbox"/> Get some sunlight	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organize your closet	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Create your ideal future	<input type="checkbox"/> Surround yourself with positivity	<input type="checkbox"/> Drink plenty of water





*Congratulations on  
completing your*

**S E L F - C A R E P L A N N E R**

*Women's Edition*

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