



GOALS FOR MY MIND	MIND
	Mindfulness and self knowledge Soul Stimulation and fulfillment
GOALS FOR MY BODY	BODY
	Self-care Basic hygiene and body care Improvement Exercise, sleep and healthy food
GOOD RULES & HABITS I WANT TO LIVE BY	

dear my future self



loday's Date	Dear me,
Instruction	
Writing a letter to your future self is a fun exercise that lets you reflect on your current life, as well as your goals and dreams.	
Decide how old do you want your future self to be when you read this letter and store it somewhere save until then.	
O	
	Sincerely,
	Mysolf

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 Books							
•							
>							

Favorite Games					
>					
					
>					

THINGS I DO WHEN I'M SAD
THINGS I DO WHEN I'M BORED

THIS YEAR I'M LOOKING FORWARD TO

30 self-care challenges



0	0	0	0	
Stretch all your muscles	Drink more water	Go for a walk in nature	Indulge in your favorite treat	Go to bed earlier
0	0		0	0
Listen to favorite song	Eat vegetarian meals	Take a nice bubble bath	Cook your favorite meal	Practice yoga
0	0	0	0	0
Go on a solo date	Journaling	Give yourself a facial	Practice gratitude	Try a DIY Project
0	0	0	0	0
Watch the sunrise	Read a book	Explore a new city	Watch your favorite movie	Give yourself a manicure
0	0	0	0	
Get some sunlight	Start a new hobby	Write out your goals	Organize your closet	Watch the sunset
	0	0	0	
Give yourself a break	Learn a new skill	Create your ideal future	Surround yourself with positivity	Drink plenty of water