

Anxiety Planner

INDEX

Daily Planners

Weekly Planners

Monthly Planners

Monthly Priorities

Trackers

Brain Dump/Vision Board

Motivation & Mindset

Managing Anxiety

Gratitude & Reflection

30 day Challenges

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Daily Planner

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

Day:

Date:

Today's tasks

6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 am	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	

Priorities for today

1.

2.

3.

4.

Postpone

Notes

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Monthly Planner - Priorities

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

sept

Oct

Nov

Dec

Also known as a priority matrix, this allows you to tackle tasks more easily, focus on the important ones and give you a sense of achievement.

QUICK WINS

Easily & achievable tasks to complete.
Do these tasks first to feel a sense of achievement

1. _____

2. _____

3. _____

MAJOR TASKS

Larger tasks, that will take time.
Set deadlines & a framework for completion

1. _____

2. _____

3. _____

FILL-INS

Less important tasks - deprioritise,
remove or delegate if you can

1. _____

2. _____

3. _____

THANKLESS TASKS

Time consuming tasks with very low priority -
work out how important these are, and remove
if possible

1. _____

2. _____

3. _____

Positive Habit Tracker

Use this page to form new, positive habits.
Try and tick a new good habit each day.

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

Week beginning:

HABITS LIST	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Behaviour Tracker

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

Rate your anxiety behaviours each day/week.

1 = low impact . 7 = high impact. Add in some of your own.

Week beginning:

	BEHAVIOURS	1	2	3	4	5	6	7
1	Lack of focus							
2	Irritability							
3	Unmotivated							
4	Forgetful							
5	Difficulty sleeping							
6	Negative thinking							
7	Unknown frustration							
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Goal Setting Tracker

Created / /

To Achieve By / /

Achieved


GOAL

ACTION STEPS
1 _____
2 _____
3 _____
4 _____
5 _____

MOTIVATION

STRATEGY

PROGRESS TRACKER



REWARD

[Index](#)

[Jan](#)

[Feb](#)

[Mar](#)

[Apr](#)

[May](#)

[June](#)

[July](#)

[Aug](#)

[Sept](#)

[Oct](#)

[Nov](#)

[Dec](#)

Self Esteem Tracker

Date : _____

MON	Something I did well today... Today I had fun when... I felt proud when...
TUE	Today I accomplished... I had a positive experience with... Something I did for someone...
WED	I felt good about myself when... I was proud of someone else... Today was interesting because...
THU	Something I did well today... Today I had fun when... I felt proud when...
FRI	Today I accomplished... I had a positive experience with... Something I did for someone...
SAT	I felt good about myself when... I was proud of someone else... Today was interesting because...
SUN	Something I did well today... Today I had fun when... I felt proud when...

[Index](#)

[Jan](#)

[Feb](#)

[Mar](#)

[Apr](#)

[May](#)

[June](#)

[July](#)

[Aug](#)

[Sept](#)

[Oct](#)

[Nov](#)

[Dec](#)

Vision Board

WEALTH

HEALTH

FAMILY

CAREER

RELATIONSHIPS

TRAVEL

PASSION

KNOWLEDGE

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

sept

Oct

Nov

Dec

Anti-Anxiety Playlist

Songs that make me feel happy.
Songs that relieve my anxiety
Feelgood songs

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Mindset Goals

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

Index

Thoughts that are helpful

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Unhelpful thoughts

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Why do I have unhelpful thoughts?

Jan

Feb

Mar

Apr

May

June

July

Aug

sept

Oct

Nov

Dec


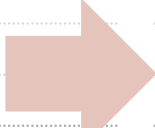
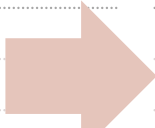



Changing Mindset

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

Index

Fixed mindset thought

Growth mindset thought

1.		1.
2.		2.
3.		3.
4.		4.
5.		5.
6.		6.

Jan

Feb

Mar

Apr

May

June

July

Aug

sept

Oct

Nov

Dec

Ways to change your mindset;

- Repetition of growth mindset phrases
- Write on your gratitude page every day
- Write on you positivity page every day
- Challenge your limiting beliefs
- Visualise yourself how you want to be

Changing Anxious Beliefs

Thought or belief causing anxiety:

Why does this cause you anxiety - do you have physical evidence that it does;

Look at the evidence again. Is it rational? Is it real? Could you interpret it in another way?

Think about the anxiety again. Now think about a positive outcome to the anxiety. Write down how it would go if it didn't cause you anxiety.

Imagine a friend was going through this instead of you. What would you say to them about the anxious situation? How would you help them get over the anxiety?

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Gratitude Log

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

Things I am thankful for;

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

sept

Oct

Nov

Dec

Reflection

1 2 3 4 5 6 7 8 9 10 11 12
13 14 15 16 17 18 19 20 21
22 23 24 25 26 27 28 29
30 31

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

Use this page to reflect on how your day/week/month has been.

Good habits formed

Goals for next month

Notes

Achievements

Anxiety behaviour thoughts

Notes

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

30-Day Self Care Challenge

Looking after yourself is important to overcoming and coping with anxiety. It helps you feel better about yourself and gives you a focus. Try to complete one a day over a month.

<input type="checkbox"/> Drink more water	<input type="checkbox"/> Practice Yoga	<input type="checkbox"/> Go to bed on time	<input type="checkbox"/> Go Outside	<input type="checkbox"/> Set a mini goal
<input type="checkbox"/> Explore a new city	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Take a walk	<input type="checkbox"/> Make some crafts
<input type="checkbox"/> Play with your pet	<input type="checkbox"/> Take a bath	<input type="checkbox"/> Finish a puzzle	<input type="checkbox"/> Listen to a podcast	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Sit in nature	<input type="checkbox"/> Do 30 sit Ups	<input type="checkbox"/> Spark some creativity	<input type="checkbox"/> Watch a movie	<input type="checkbox"/> Pamper yourself
<input type="checkbox"/> Be a volunteer	<input type="checkbox"/> Face massage	<input type="checkbox"/> Spark some creativity	<input type="checkbox"/> Turn your phone off	<input type="checkbox"/> Introduce a new fruit to your diet
<input type="checkbox"/> Do a DIY project	<input type="checkbox"/> Cook & eat a healthy meal	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Take a nap	<input type="checkbox"/> Write a journal

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept































Oct

Nov

Dec

30-Day Self Care Challenge

Use this page to create your own self care challenge. Choose things that you have always wanted to do or achieve, and make sure you add in some pampering too.

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

30 Day Habit Tracker

Choose some healthy habits; drinking water, exercise, eating your 5 a day etc... and track your progress through each month.

Jan Feb Mar Apr
May Jun Jul Aug
Sep Oct Nov Dec

This exercise will help you prove that you can stick to and achieve goals.

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Spet

Oct

Nov

Dec

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

REWARD:

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

REWARD:

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

REWARD:

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

REWARD:

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

REWARD:

30 Day De-cluttering Challenge

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
KITCHEN	Match Up Tupperware & Lids	Organise Your Junk Drawer	Organise Pots and Pans	Clean out Your Cutlery Drawer	Go Through Dish Towels
	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
CLOTHES	Old Shoes	Organise Nightstand	Get Rid of Old Socks and Underwear	Organise T-Shirts	Organise Wardrobe
	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
LIVING ROOM	Worn-out throw pillows	Seasonal decor items	Remotes for electronics that you no longer use	Remove Kids' toys	Decor items that no longer match
	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
BATH ROOM	Old, worn-out towels and washcloths	Disintegrated soap bars	Makeup that you no longer wear	Expired beauty products	Old hairbrushes/combs
	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
OFFICE	Receipts you no longer need	Pens and markers that are dried out	Mystery cords & cables	Expired coupons	Outdated technology / software
	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
GARAGE	Trash	Old paint	Damaged tools & equipment	Empty boxes	Excessive rags

Index

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec