

Safe Haven Connect CIC · Registered CIC

Daily Mental Wellbeing Planner

365 Days of Small Steps Towards Better Mental Health

Version 1.0

Welcome

Welcome to your Daily Mental Wellbeing Planner.

Looking after your mental health doesn't always require huge changes. Often, it's the small, consistent habits that make the biggest difference over time.

This planner has been designed to help you build healthy routines, reflect on your emotions, celebrate your achievements and develop habits that support your wellbeing every day of the year.

There is no right or wrong way to use this planner. Some days you'll complete every section, while other days you may only write a few words—and that's perfectly okay.

Progress isn't about perfection.

It's about taking one small step today.

How to Use This Planner

Use one page each day.

Complete as much or as little as you feel able to.

Try to use the planner at roughly the same time each day to build a healthy habit.

Remember:

Every day is a fresh start.

Small improvements matter.

Be kind to yourself.

Celebrate every achievement, no matter how small.

What's Inside

Morning Check-In

Mood Tracker

Sleep Record

Gratitude Practice

Daily Goals

Meals & Hydration

Exercise & Movement

Medication & Self-Care

Breathing Exercise

Positive Affirmations

Reflection

Evening Review

Weekly Reflection

Monthly Reflection

Annual Progress Review

Before You Begin

My Reasons for Looking After My Mental Health

What I Hope to Achieve

- ☐ Feel happier
- ☐ Reduce anxiety
- ☐ Improve sleep
- ☐ Feel calmer
- ☐ Increase confidence
- ☐ Build healthier habits
- ☐ Reduce stress
- ☐ Improve relationships
- ☐ Better work-life balance
- ☐ Other

My Support Network

People I can talk to:

1.

2.

3.

Professional Support:

Emergency Contact:

My Self-Care Promise

I promise to be patient with myself.

I understand that difficult days are part of life.

I will celebrate progress instead of expecting perfection.

I deserve kindness—including from myself.

Signed:

Date:

My Wellbeing Goals This Year

Physical Health

Mental Health

Relationships

Personal Growth

Something New I'd Like to Try

Next Section: Daily Planner Template (to be repeated throughout the year).

Daily Planner Template

Use one page for each day of the year.

Date

Day:

Morning Check-In

How are you feeling this morning?

☐ 😊 Great

☐ 😊 Good

☐ 😐 Okay

☐ 😞 Struggling

☐ 😞 Very Difficult

Today's mood (0–10):

_____ /10

One word to describe today:

Last Night's Sleep

Hours slept:

Sleep quality:

☐ Excellent

☐ Good

☐ Fair

☐ Poor

Did I wake during the night?

☐ Yes

☐ No

Gratitude

Today I am grateful for...

1.

2.

3.

Today's Priorities

My three most important tasks today:

☐ _____

☐ _____

☐ _____

Self-Care Today

Tick anything you complete.

☐ Drank enough water

- ☐ Ate regular meals
- ☐ Took medication
- ☐ Had fresh air
- ☐ Exercised or stretched
- ☐ Practised deep breathing
- ☐ Had a break
- ☐ Listened to music
- ☐ Read a book
- ☐ Connected with someone
- ☐ Limited screen time
- ☐ Did something I enjoy
- ☐ Asked for help if needed
- ☐ Other

Meals & Hydration

Breakfast:

Lunch:

Dinner:

Snacks:

Approximate water intake:

- ☐ Less than 1 litre
- ☐ 1–2 litres
- ☐ More than 2 litres

Movement

Today's activity:

- ☐ Walk
- ☐ Gym
- ☐ Stretching
- ☐ Yoga
- ☐ Housework
- ☐ Gardening
- ☐ Other

Time spent:

_____ minutes

How did it make me feel?

Mood Tracker

How have you felt today?

- ☐ Happy
- ☐ Calm
- ☐ Relaxed
- ☐ Motivated
- ☐ Hopeful
- ☐ Anxious
- ☐ Stressed
- ☐ Overwhelmed
- ☐ Sad
- ☐ Lonely
- ☐ Angry
- ☐ Tired
- ☐ Other

Notes

Next Section: Afternoon Check-In, Evening Reflection, Coping Skills and Daily Wins.

Afternoon Check-In

Take a moment to pause and check in with yourself.

How am I feeling right now?

☐ 😊 Great

☐ 😊 Good

☐ 😐 Okay

☐ 😞 Struggling

☐ 😫 Very Difficult

My energy level (0–10):

_____ /10

My stress level (0–10):

_____ /10

Breathing & Mindfulness

Did I take a few minutes to slow down today?

☐ Box Breathing

☐ Deep Breathing

☐ Grounding Exercise

☐ Meditation

☐ Mindful Walk

☐ Quiet Time

☐ Not Today

How did it help?

Managing Difficult Emotions

If today has been difficult, what helped?

☐ Talking to someone

☐ Listening to music

☐ Going for a walk

☐ Journalling

☐ Deep breathing

☐ Spending time outdoors

☐ Resting

☐ Watching something enjoyable

☐ Reading

☐ Creative activity

☐ Other

Positive Moments Today

What made me smile today?

Who made a positive difference today?

Today's Achievement

Every achievement counts, no matter how small.

Today I'm proud that I...

Evening Reflection

How do I feel now?

☐ 😊 Happy

☐ 😊 Calm

☐ 😊 Relaxed

☐ 😐 Neutral

☐ 😟 Worried

☐ 😞 Sad

☐ 😫 Tired

Today's overall mood (0–10):

_____ /10

What Went Well Today?

List three positive things from today.

1.

2.

3.

Challenges Today

What was difficult?

How did I cope?

Tomorrow's Focus

One thing I'd like to achieve tomorrow:

One act of self-care I'll do tomorrow:

One thing I'm looking forward to:

Positive Affirmation

Choose one or write your own.

- ☐ I am stronger than I think.
- ☐ I am doing my best, and that is enough.
- ☐ My feelings are valid.
- ☐ I deserve kindness and compassion.
- ☐ I can take things one step at a time.
- ☐ Better days are ahead.
- ☐ I am proud of how far I've come.

My own affirmation:

Next Section: Weekly Review & Reflection (completed once each week).

Weekly Review & Reflection

Complete this section at the end of each week.

Week Beginning

Week Ending

This Week's Overall Mood

How would you describe your week?

☐ Excellent

☐ Good

☐ Okay

☐ Difficult

☐ Very Difficult

Overall mood (0–10):

_____/10

Mood Tracker

Day Mood (0–10)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Sleep Review

Average hours of sleep:

This week my sleep was:

☐ Excellent

☐ Good

☐ Fair

☐ Poor

Healthy Habits Checklist

This week I...

☐ Drank enough water

☐ Ate regular meals

☐ Exercised

- ☐ Got fresh air
- ☐ Practised breathing exercises
- ☐ Took my medication
- ☐ Connected with family or friends
- ☐ Took time to relax
- ☐ Limited screen time
- ☐ Asked for help when needed
- ☐ Practised gratitude
- ☐ Looked after myself

Biggest Achievement

What am I most proud of this week?

Biggest Challenge

What was my biggest challenge?

How did I manage it?

Gratitude This Week

Three things I'm grateful for:

1.

2.

3.

Looking After My Mental Health

What helped me feel better this week?

☐ Talking to someone

☐ Exercise

☐ Rest

☐ Nature

☐ Journalling

☐ Meditation

☐ Music

☐ Reading

☐ Creative hobbies

☐ Spending time with others

☐ Other

Things I'd Like to Improve Next Week

Goals for Next Week

1.

2.

3.

Positive Reflection

Finish these sentences:

This week I learned...

I showed kindness by...

Next week I will...

Notes

Next Section: Monthly Reflection & Wellbeing Review.

Monthly Reflection & Wellbeing Review

Complete this section at the end of each month to help you recognise progress, identify challenges and set realistic goals for the month ahead.

Month

Year

Overall Wellbeing This Month

How would you rate your overall wellbeing?

☐ Excellent

☐ Good

☐ Fair

☐ Difficult

☐ Very Difficult

Overall wellbeing (0–10):

_____ /10

My Mood This Month

How often did you experience these feelings?

Feeling	Rarely	Sometimes	Often
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Happy ☐	☐	☐	
--------------------------------	--------------------------	--------------------------	--

Calm ☐	☐	☐	
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Confident	☐	☐	☐
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Motivated	☐	☐	☐
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Hopeful	☐	☐	☐
Anxious	☐	☐	☐
Stressed	☐	☐	☐
Sad	☐	☐	☐
Lonely	☐	☐	☐
Overwhelmed	☐	☐	☐

Healthy Habits Review

This month I...

- ☐ Stayed hydrated
- ☐ Ate balanced meals
- ☐ Exercised regularly
- ☐ Slept well
- ☐ Took medication as prescribed
- ☐ Practised breathing exercises
- ☐ Took time to relax
- ☐ Spent time outdoors
- ☐ Connected with others
- ☐ Reduced stress where possible
- ☐ Practised gratitude
- ☐ Asked for help when needed

My Greatest Achievement

What am I most proud of this month?

Biggest Challenge

What challenged me the most?

How did I cope?

Things That Helped My Wellbeing

Tick anything that made a positive difference.

☐ Walking

☐ Exercise

☐ Spending time with loved ones

☐ Nature

☐ Music

☐ Reading

☐ Journalling

☐ Meditation

☐ Therapy

☐ Talking to someone

☐ Creative hobbies

☐ Good sleep

☐ Healthy eating

☐ Other

Gratitude Reflection

Three things I'm thankful for this month.

1.

2.

3.

Looking Ahead

Next month I'd like to...

Improve:

Continue:

Start:

Stop:

Goals for Next Month

Goal 1

Goal 2

Goal 3

Positive Reflection

This month I learned...

I am proud because...

One thing I will remind myself next month...

Notes

Next Section: Annual Reflection & Year in Review, followed by the final disclaimer and About Safe Haven Connect CIC section.

Annual Reflection & Year in Review

Complete this section at the end of the year to celebrate your progress, reflect on your journey and prepare for the year ahead.

Year

Looking Back

How would you describe this year overall?

- ☐ Excellent
- ☐ Good
- ☐ Mixed
- ☐ Difficult
- ☐ Very Difficult

Overall wellbeing (0–10):

_____ /10

My Wellbeing Journey

This year I...

- ☐ Became more confident
- ☐ Improved my mental wellbeing
- ☐ Learnt healthy coping skills
- ☐ Asked for help when I needed it
- ☐ Improved my sleep
- ☐ Reduced stress
- ☐ Became more active
- ☐ Built healthier habits
- ☐ Strengthened relationships
- ☐ Took better care of myself
- ☐ Learnt something new

☐ Showed myself more kindness

My Biggest Achievements

What achievements are you most proud of this year?

1.

2.

3.

4.

5.

Challenges I Overcame

Looking back, what challenges have I faced?

How did I overcome them?

My Mental Wellbeing

Compared to the beginning of the year, I now feel:

☐ Much Better

☐ Better

☐ About the Same

☐ Worse

☐ Much Worse

Why?

Healthy Habits That Helped Me Most

Tick the habits that made the biggest difference.

☐ Walking

- ☐ Exercise
- ☐ Better sleep
- ☐ Healthy eating
- ☐ Drinking more water
- ☐ Journalling
- ☐ Meditation
- ☐ Deep breathing
- ☐ Talking to friends or family
- ☐ Professional support
- ☐ Medication
- ☐ Time outdoors
- ☐ Hobbies
- ☐ Reading
- ☐ Other

Lessons I've Learned

This year has taught me...

Things I'm Grateful For

1.

2.

3.

4.

5.

Looking Forward

Next year I would like to...

Improve:

Learn:

Experience:

Let go of:

Continue:

My Goals for Next Year

Personal

Mental Wellbeing

Physical Health

Relationships

Career / Education

Something New I'd Like to Try

A Letter to My Future Self

Write a message to yourself to read this time next year.

Final Thoughts

No matter what this year has brought, remember that progress isn't measured by perfection.

Every day you chose to keep going, to learn, to grow or simply to get through the day is an achievement.

Be proud of how far you've come.

Take each new day one step at a time.

You are stronger than you realise.

Disclaimer

This planner has been created by Safe Haven Connect CIC as an educational wellbeing resource. It is not intended to replace professional medical, psychological or mental health advice, diagnosis or treatment.

If you are struggling with your mental health or your symptoms are worsening, please seek support from a qualified healthcare professional. If you believe you or someone else is in immediate danger, contact your local emergency services immediately.

About Safe Haven Connect CIC

Safe Haven Connect CIC is a UK Community Interest Company committed to making mental health support accessible to everyone.

We provide free and affordable wellbeing resources, including downloadable workbooks, self-help guides, mental health courses, anonymous chat rooms, breathing exercises, mood tracking tools, wellbeing activities and our AI wellbeing companion, Sage.

Our mission is simple: to reduce isolation, improve wellbeing and ensure that nobody has to face life's challenges alone.



Website: <https://safehavenconnect.org>



Workbook Library: <https://safehavenconnect.org/workbooks>

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