



SILK & SONDER

wellness planner

ALL OF YOU, IN ONE PLACE

In case of loss, please return to:

The secret to success? Accountability.

Download our App for a daily dose of inspiration,
access to our exclusive members-only community,
self-care games, and more.



For a chance to be featured:
tag us @silkandsonder and use #mysilkandsonder

www.silkandsonder.com

Index

- 2 A Note From the Founder
- 4 Month Overview
- 5 Future Log
- 6 Previous Month Reflection
- 7 Monthly Intentions
- 8 Mood Tracker
- 9 Feelings Wheel
- 10 Habit Tracker
- 11 Visualization Exercise
- 13 Dream Life
- 14 Ikigai
- 16 Gratitude Log
- 17 Wheel of Life
- 19 Love Letter
- 20 Creative Sketch
- 21 Duality Exercise
- 22 Coloring Page
- 23 Self-Care Bingo
- 24 Strengths & Weaknesses
- 25 Reading & Listening Shelf
- 37 Currently
- 56 Affirmations



To practice true
self-care, be ready to
break up with perfect.

meha agrawal

FOUNDER OF SILK + SONDER

NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Calendar

- 26 Week
- 32 Week
- 38 Week
- 44 Week
- 50 Week



A Note From the Founder

Hello! Welcome to the Silk + Sonder family!

If you have this in your hand, it means that someone thoughtful (maybe even you!) decided it was time for you to invest in yourself and your self-care journey. You are in for a very special ride, and we are SO excited to have you here!

I started Silk + Sonder because I was tired of watching people like myself shove their dreams, ideas, and ambitions to the sidelines. I believe that everyone in this world has an inner spark and deserves the chance to illuminate the world - we've built a self-care membership experience that begins with celebrating you for who you are and embracing where you want to go. At Silk + Sonder, we believe that when we show up for ourselves, we show up better for our families, colleagues, communities, and the world.

This dateless wellness planner will give you a taste of what Silk + Sonder is all about. Think of a Silk + Sonder membership as a canvas that's yours to fill your way. It's an invitation to recharge, reflect, refuel, and create - so that you can live life more intentionally every day. Every month, a guided Silk + Sonder wellness planner will arrive straight to your doorstep - a chance for you to start afresh or go deeper in your self-care journey through the therapeutic power of pen to paper. As you start filling out this wellness planner, you can begin immersing yourself in the rest of the Silk + Sonder world - download our app to meet our #sonderfam members on Sonder Club, take part in our daily affirmations, self-care activities, and much, much more. We know you'll see it as the cozy corner of your phone, ready to inspire and motivate you to grow your own way.

We hope you enjoy this planner and join us as an official member sometime soon. Our team and your #SonderFam peers are so excited to cheer you on every step of the way.

With Love and Intention,

meha

FOUNDER + CEO



“Every great dream begins with
a dreamer. Always remember,
you have within you the strength,
the patience, and the passion
to reach for the stars to
change the world.”

Harriet Tubman





MON

TUE

WED

THU

FRI

SAT

SUN



Future Log

MON TUE WED THU FRI SAT SUN

MON TUE WED THU FRI SAT SUN



Previous Month Reflection

Review your last month before setting your intentions for the upcoming one.

WINS

.....

.....

.....

.....

.....

HICCUPS

.....

.....

.....

.....

.....

FAVORITE MOMENTS

.....

.....

.....

.....

.....

HARD MOMENTS

.....

.....

.....

.....

.....

WHAT DO I WANT TO START, STOP, AND CONTINUE?

.....

.....

.....

.....

.....

Monthly Intentions

A new month, a new you. Setting intentions is not making a to do list. It's asking something of yourself, and then giving yourself the strength to do it.

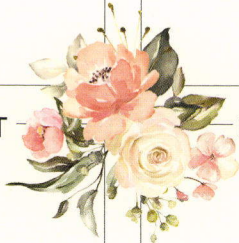
SPIRITUAL HEALTH

PERSONAL LIFE



PHYSICAL HEALTH

KEY RELATIONSHIPS

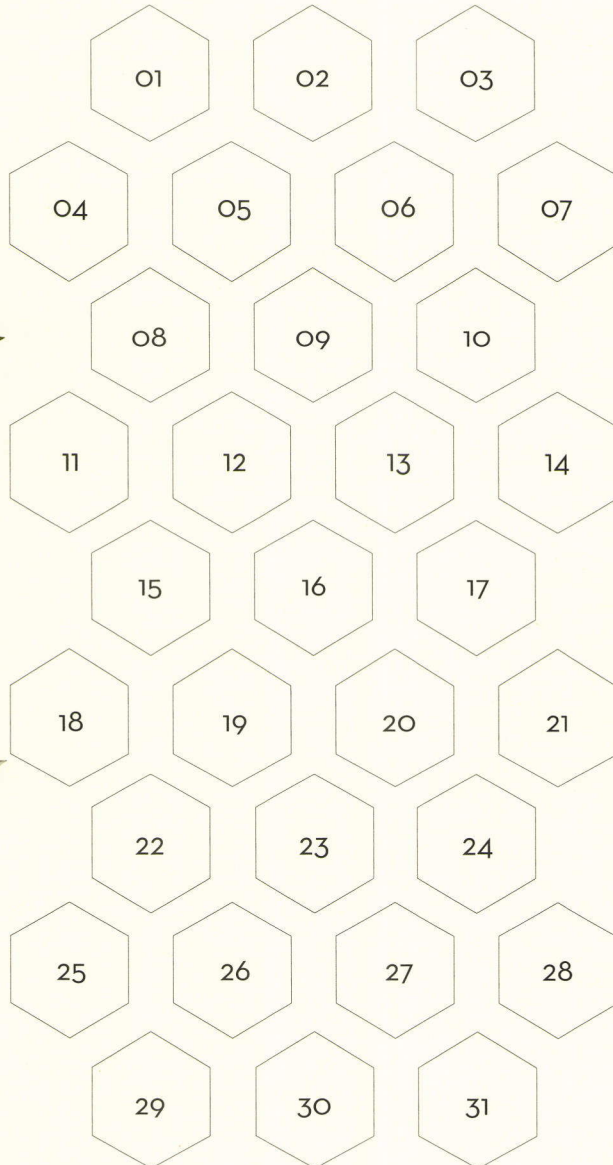
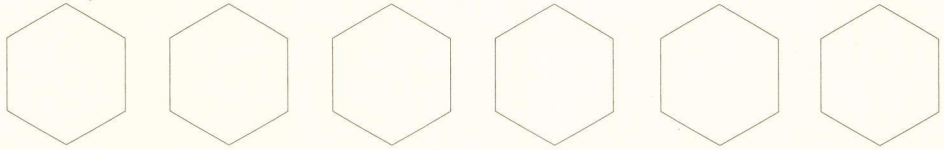


MONEY MANAGEMENT

PROFESSIONAL GOALS

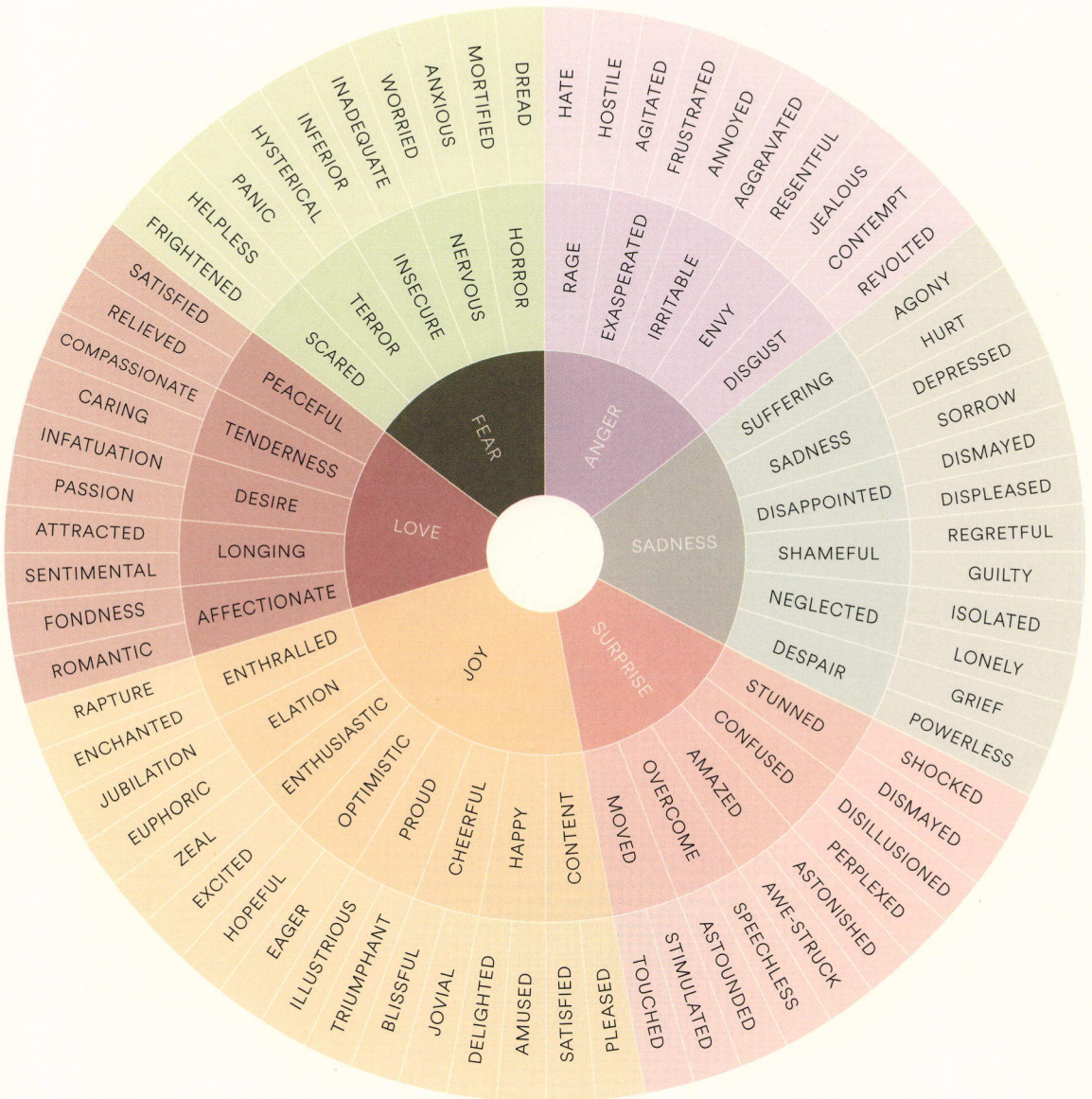
Mood Tracker

MONTH: YEAR:



Feelings Wheel

Select the top 6 feelings you want to track and be mindful of. Add them to your Mood Tracker.



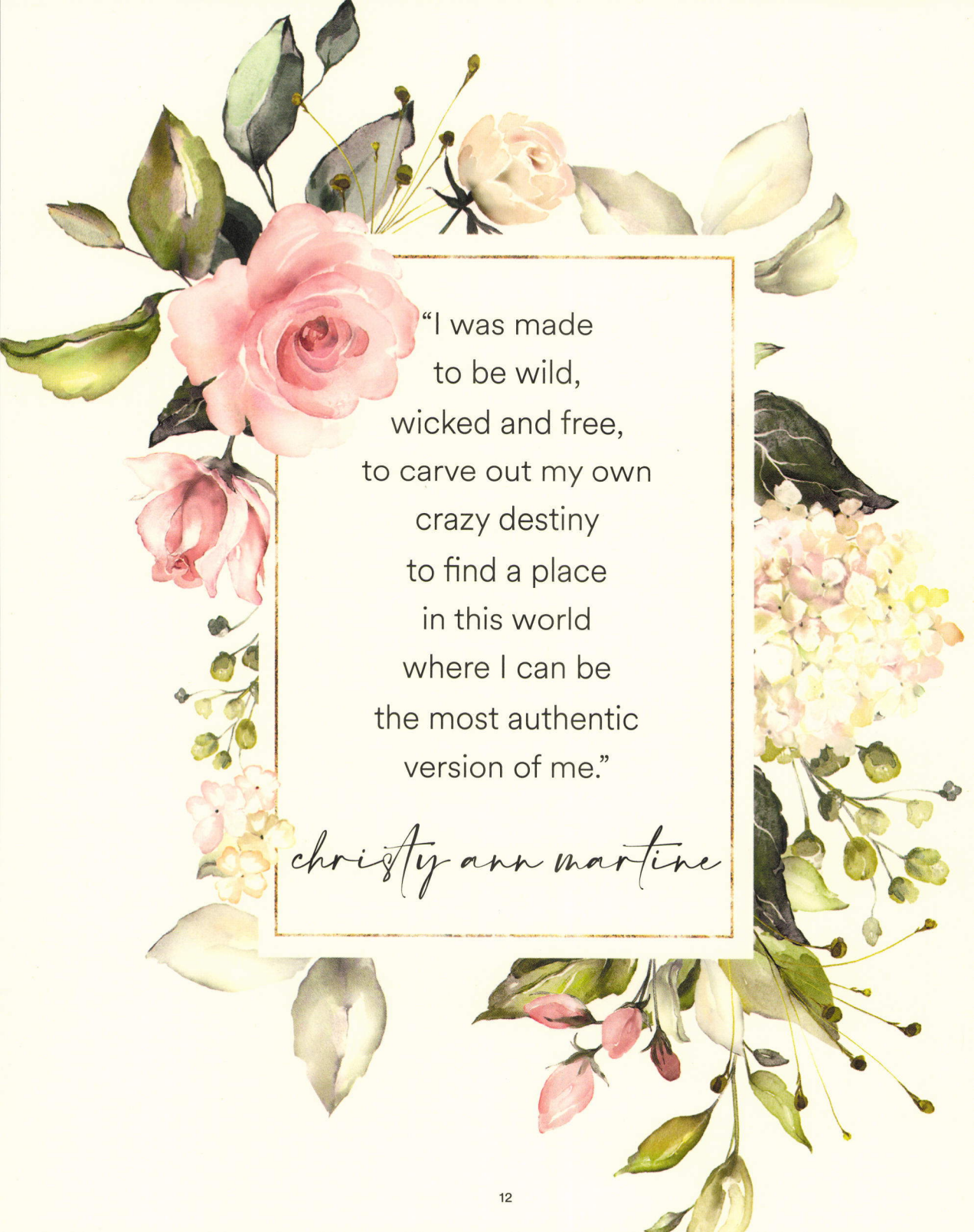
Habit Tracker

MONTH: _____ YEAR: _____

HABITS THIS MONTH:

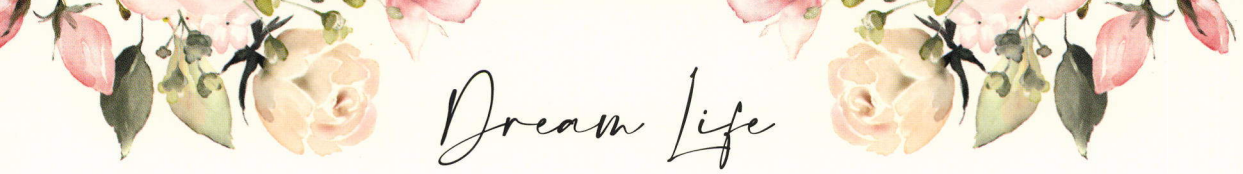
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



A watercolor illustration of various flowers and leaves. On the left, there are several pink roses of different sizes and stages of bloom, along with green leaves. On the right, there is a large cluster of small, light-colored flowers, possibly hydrangeas, with green leaves. The background is a soft, light yellowish-green. A white rectangular box with a thin gold border is centered on the page, containing a quote.

“I was made
to be wild,
wicked and free,
to carve out my own
crazy destiny
to find a place
in this world
where I can be
the most authentic
version of me.”

christy ann martine



Dream Life

Get clear on what you want your life to look like. Who will you be, what do you want to do, and what do you want to have? The trick is not to tie any timelines to this - dream BIG. It may happen a month from now or 10 years from now. Let your imagination run wild.

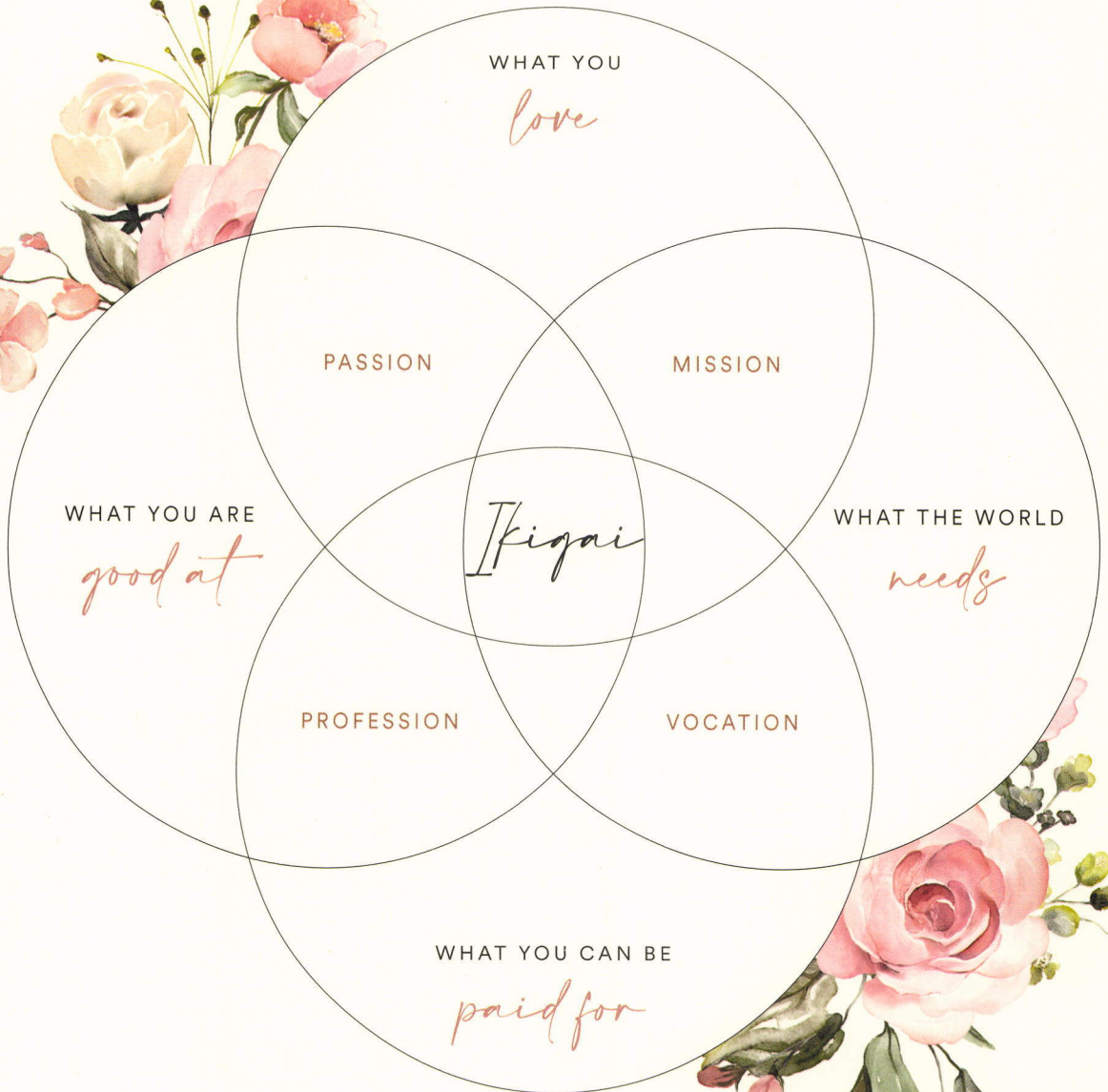
BE

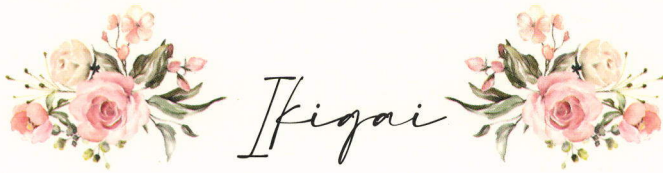
DO

HAVE

Ikigai

Ikigai is a Japanese concept that means “a reason for being”. The word refers to having a direction or purpose in life, that which makes one’s life worthwhile, and towards which an individual takes intentional actions giving them satisfaction and a sense of meaning to life.





For each of these areas, write down all ideas that apply to get closer to knowing your Ikigai.

PASSION

MISSION

PROFESSION

VOCATION

Gratitude Log

Write down one thing you are thankful for every day.

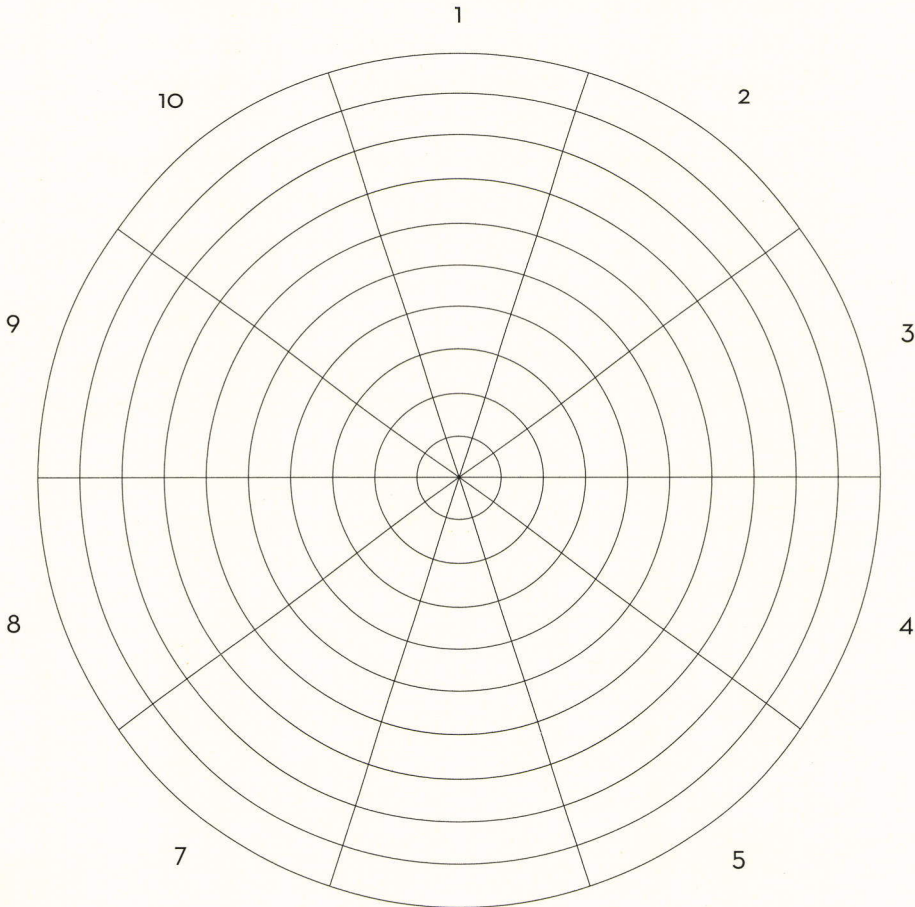
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____



Wheel of Life

For each of these areas in your life, rank them between 1-10 based on how fulfilled you feel. Write down one way you can increase your level of fulfillment for any or all of these sections.

- 1. EDUCATION
- 2. FINANCIAL
- 3. HEALTH
- 4. CAREER
- 5. FAMILY
- 6. SPIRITUAL
- 7. RELATIONSHIPS
- 8. ROMANCE
- 9. HOME ENVIRONMENT
- 10. ADVENTURE





“This life is what you make it. No matter what, you’re going to mess up sometimes, it’s a universal truth. But the good part is you get to decide how you’re going to mess it up. Girls will be your friends - they’ll act like it anyway. But just remember, some come, some go. The ones that stay with you through everything - they’re your true best friends. Don’t let go of them. Also remember, sisters make the best friends in the world. As for lovers, well, they’ll come and go too. And baby, I hate to say it, most of them - actually pretty much all of them are going to break your heart, but you can’t give up because if you give up, you’ll never find your soulmate. You’ll never find that half who makes you whole and that goes for everything. Just because you fail once, doesn’t mean you’re gonna fail at everything. Keep trying, hold on, and always, always, always believe in yourself, because if you don’t, then who will, sweetie? So keep your head high, keep your chin up, and most importantly, keep smiling, because life’s a beautiful thing and there’s so much to smile about.”

Marilyn Monroe



Creative Sketch

Creativity is spontaneous and unlocks clarity in unimaginable ways. Take a moment to look around you, observe, and sketch, doodle, or draw what you see.



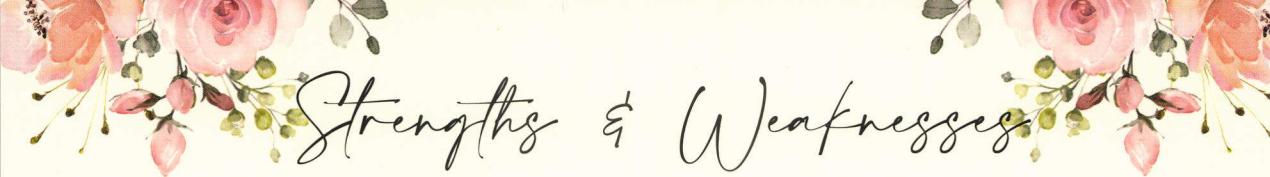
Coloring Page



Self-Care Bingo

READ A BOOK	EXERCISED	WORE MY FAVORITE OUTFIT	WENT ON A ADVENTURE	MADE A PLAYLIST
MADE MY FAVORITE DRINK	TURNED OFF MY PHONE	TOOK 5 DEEP BREATHS	WROTE AN AFFIRMATION	STARTED A NEW TV SHOW
WENT SOMEWHERE BEAUTIFUL	SET BOUNDARIES	FREE	TOOK UP A NEW HOBBY	CALLED UP AN OLD FRIEND
WROTE IN MY JOURNAL	WENT FOR A WALK	GAVE MYSELF A MANI/PEDI	COOKED A NEW DISH	PRACTICED GRATITUDE
RE-ORGANIZED	LAUGHED OUT LOUD	MADE COOKIES	USED A FACE MASK	LISTENED TO A PODCAST

Tag [@silkandsonder](#) on Instagram for a chance to be featured.



Strengths & Weaknesses

MY TOP TEN STRENGTHS:

- | | |
|---------|----------|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

MY TOP TEN WEAKNESSES:

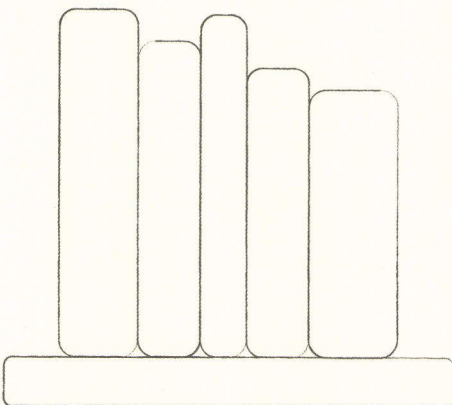
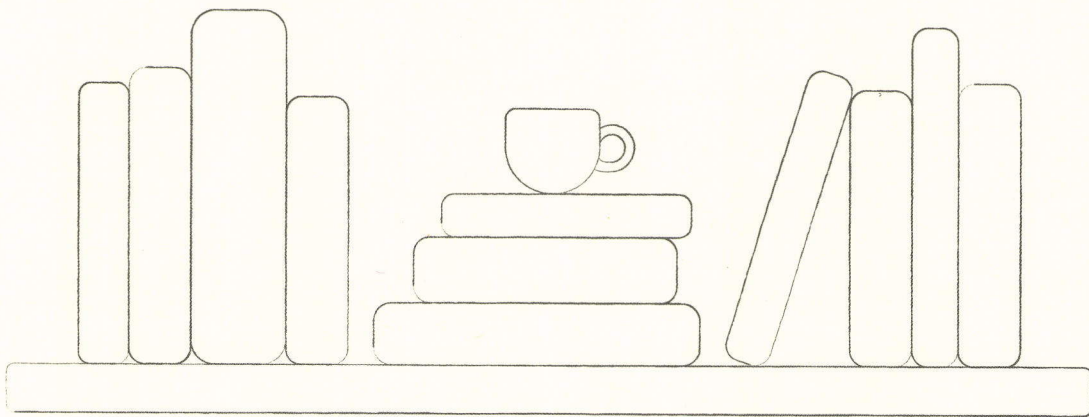
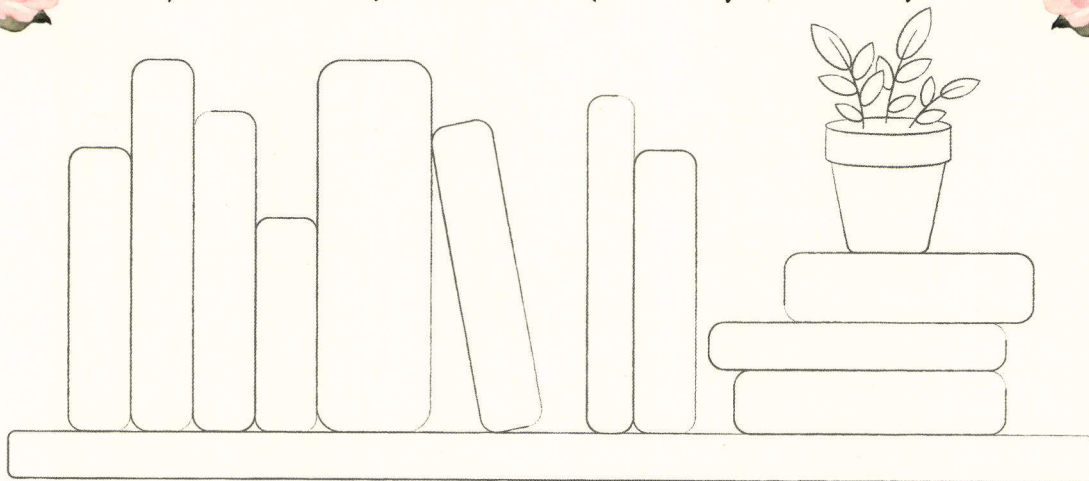
- | | |
|---------|----------|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

ONE OF MY WEAKNESSES THAT
IS NOW A STRENGTH IS:

ONE OF MY WEAKNESSES THAT
I'LL TURN INTO A STRENGTH IS:



Reading & Listening Shelf



IF YOU COULD BE ANY FICTIONAL CHARACTER,
WHO WOULD IT BE AND WHY?

.....

.....

.....

.....

.....

.....

one thing



one thing

WEATHER



WEATHER



one thing

WEATHER



MONDAY

A large grid of 20 columns and 20 rows for writing on Monday.

TUESDAY

A large grid of 20 columns and 20 rows for writing on Tuesday.

WEDNESDAY

A large grid of 20 columns and 20 rows for writing on Wednesday.



one thing

WEATHER



THURSDAY

Large grid for writing on Thursday.

one thing

WEATHER



FRIDAY

Large grid for writing on Friday.



one thing

WEATHER



SATURDAY

Large grid for writing on Saturday.



one thing

WEATHER

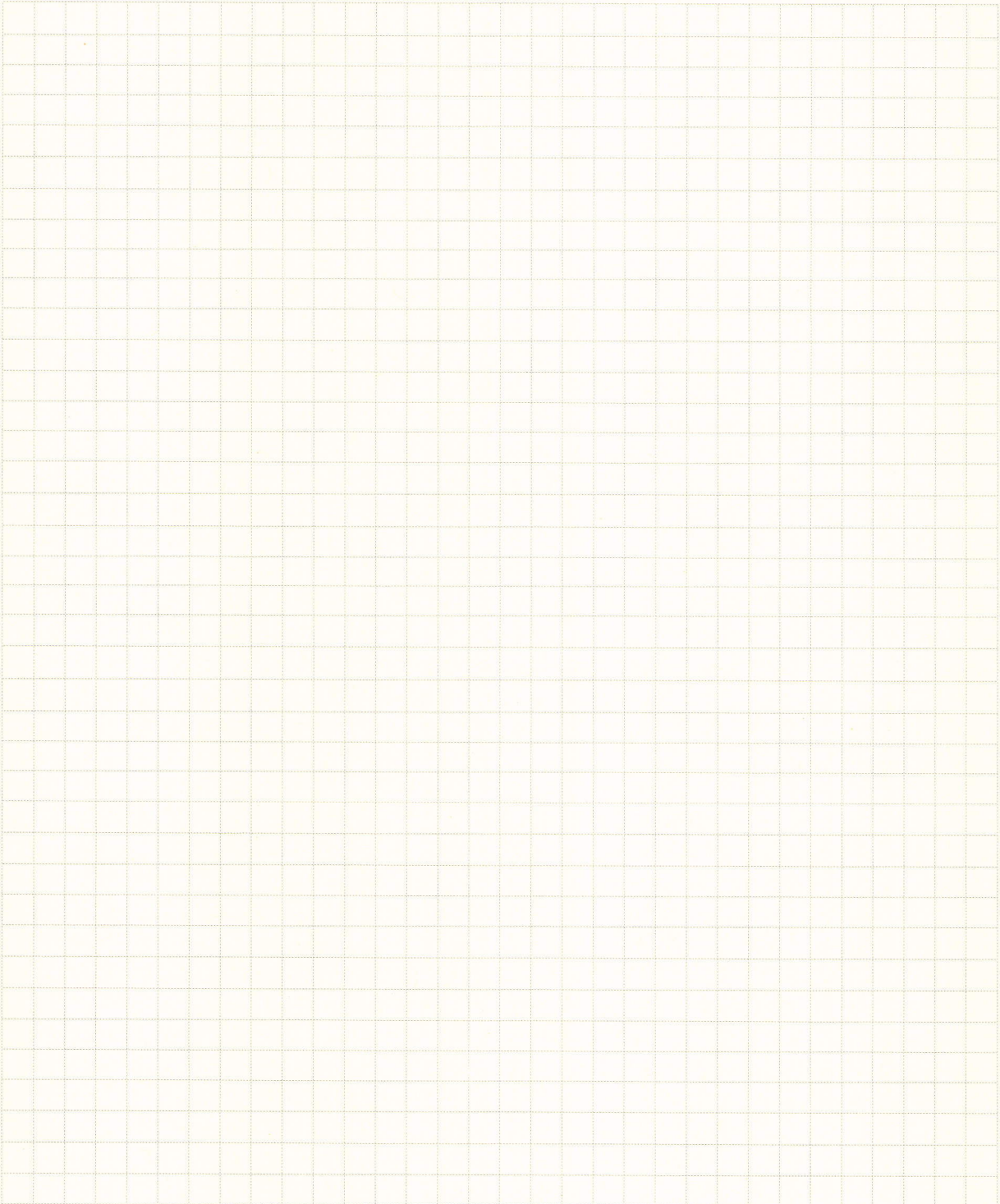


SUNDAY

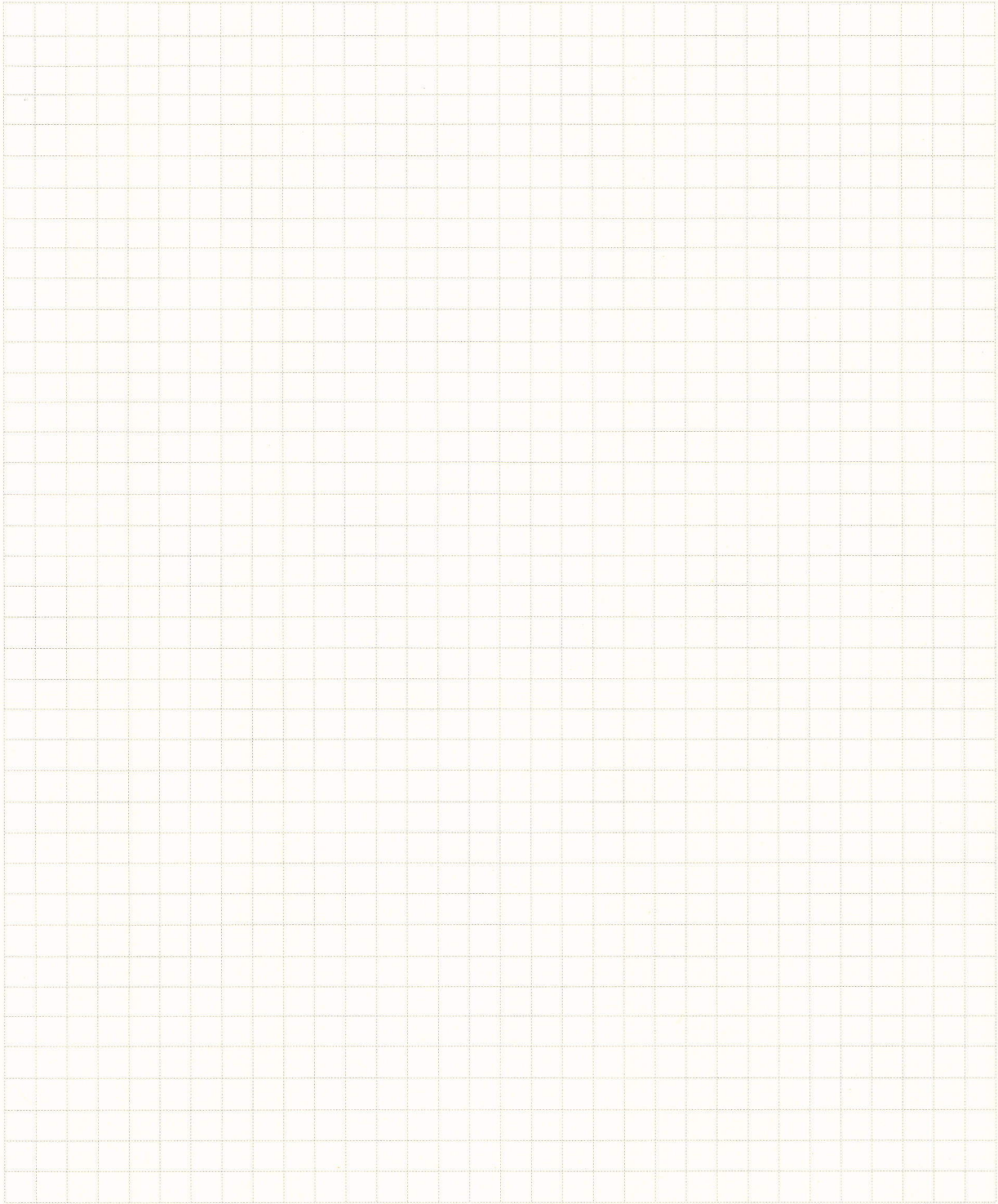
Large grid for writing on Sunday.



NOTES



NOTES



THIS WEEK, I WANT TO *feel*:

Grid for tracking feelings throughout the week.

WEEKLY MAJOR THREE *goals*:

Grid for tracking major goals throughout the week.

M	T	W	TH	F	SA	SU

WEEKLY *to-dos*:

Large box for listing weekly to-do items.

HABIT/ACTIVITY

GOAL

M

T

W

T

F

SA

SU

TOTAL

_____	_____	○	○	○	○	○	○	○	_____
_____	_____	○	○	○	○	○	○	○	_____
_____	_____	○	○	○	○	○	○	○	_____
_____	_____	○	○	○	○	○	○	○	_____
_____	_____	○	○	○	○	○	○	○	_____

one thing



one thing

WEATHER



WEATHER



one thing

WEATHER



MONDAY

TUESDAY

WEDNESDAY

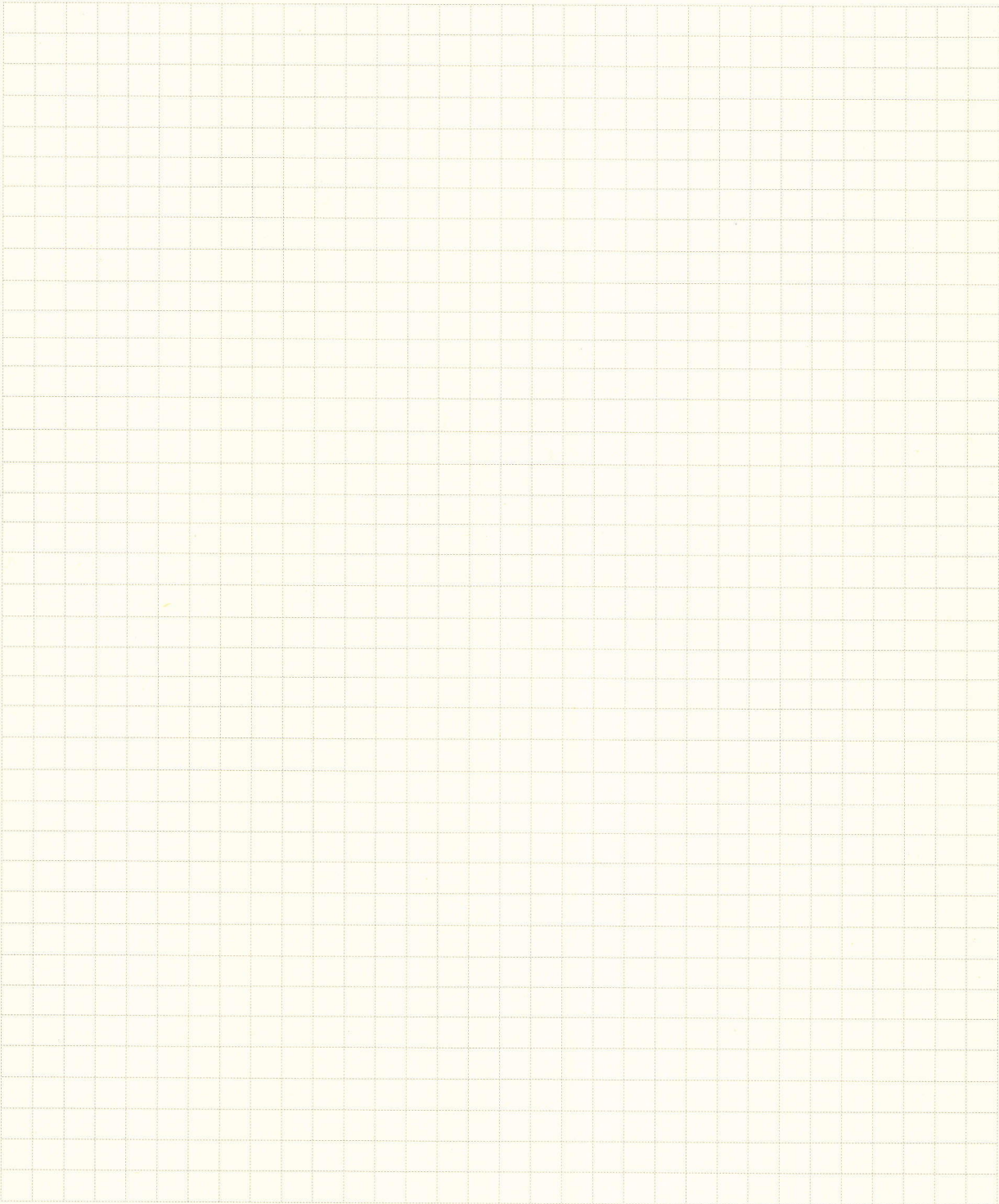
A large grid of 20 columns and 20 rows for writing on Monday.

A large grid of 20 columns and 20 rows for writing on Tuesday.

A large grid of 20 columns and 20 rows for writing on Wednesday.



NOTES





Currently

Loving

Feeling

Enjoying

Anticipating

Wishing

Reading

Watching

Planning

one thing



one thing

WEATHER



WEATHER



one thing

WEATHER



MONDAY

A large grid of 20 columns and 20 rows for writing on Monday.



TUESDAY

A large grid of 20 columns and 20 rows for writing on Tuesday.



WEDNESDAY

A large grid of 20 columns and 20 rows for writing on Wednesday.



one thing

WEATHER



THURSDAY

Large grid for writing on Thursday.



one thing

WEATHER



FRIDAY

Large grid for writing on Friday.



one thing

WEATHER



SATURDAY

Large grid for writing on Saturday.



one thing

WEATHER

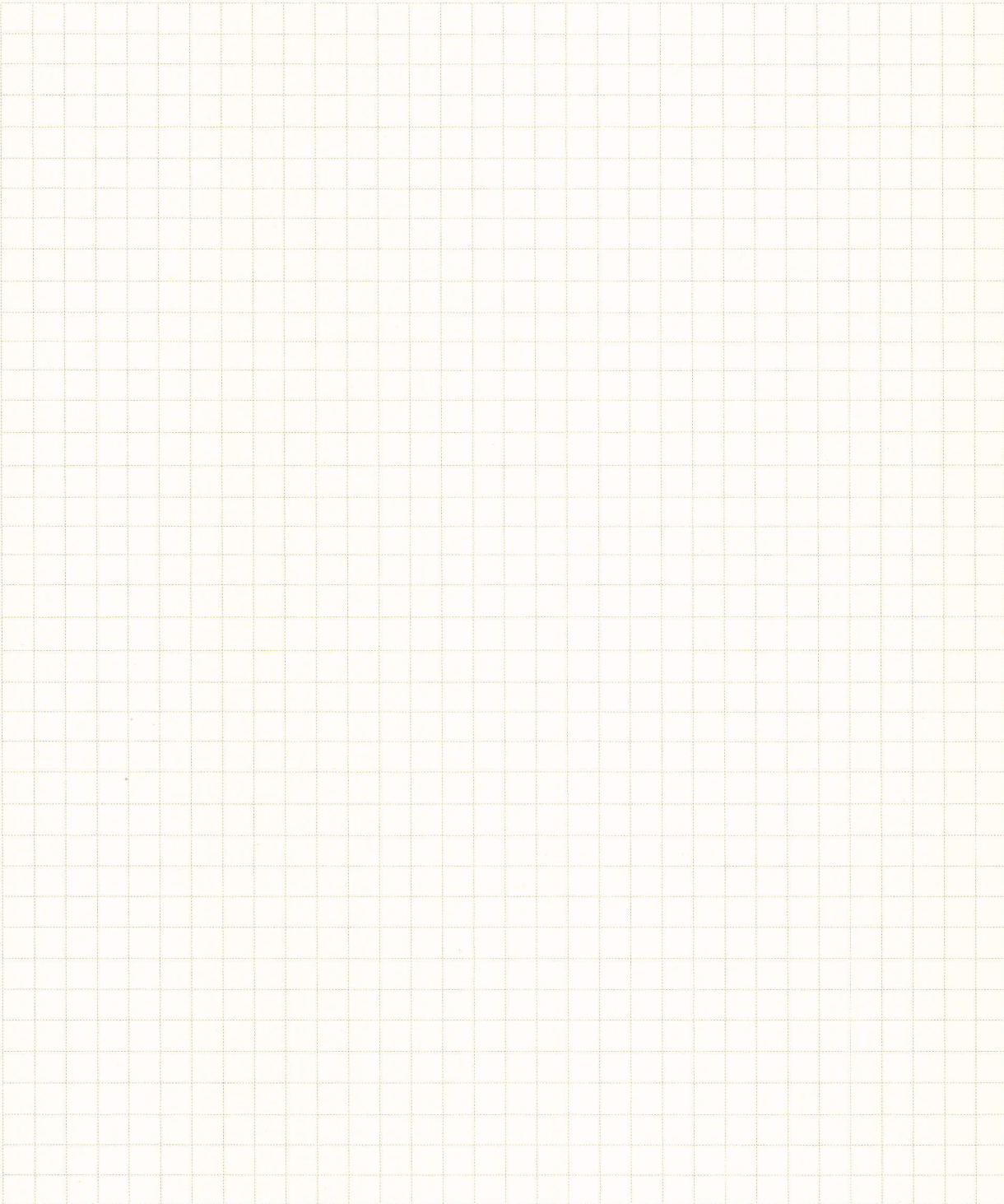


SUNDAY

Large grid for writing on Sunday.



NOTES



NOTES

one thing

WEATHER



THURSDAY

Large grid for writing on Thursday.



one thing

WEATHER



FRIDAY

Large grid for writing on Friday.



one thing

WEATHER



SATURDAY

Large grid for writing on Saturday.



one thing

WEATHER

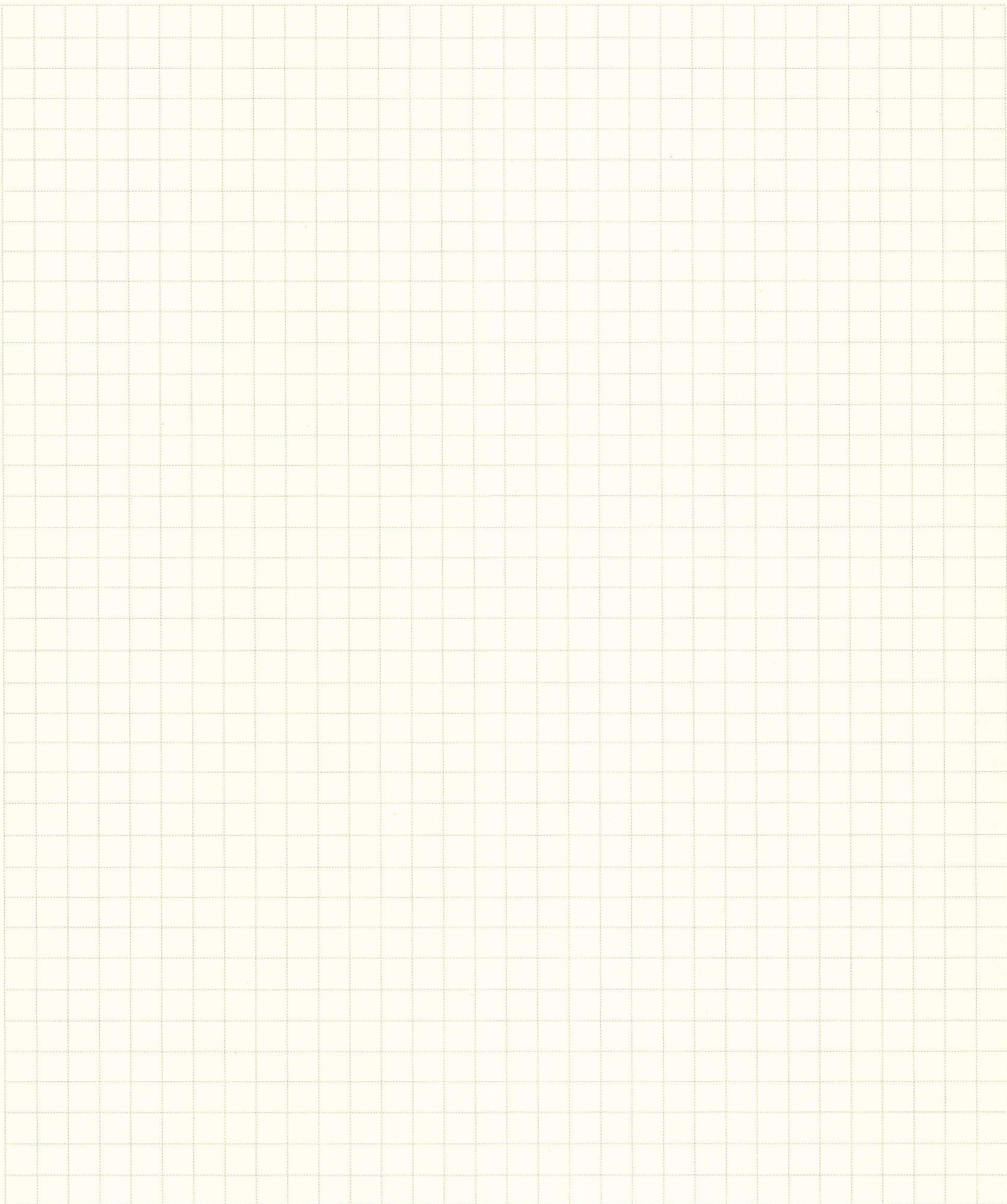


SUNDAY

Large grid for writing on Sunday.



NOTES



NOTES

one thing



one thing

WEATHER



WEATHER



one thing

WEATHER



MONDAY

TUESDAY

WEDNESDAY

A large grid of 14 rows and 7 columns for writing on Monday.

A large grid of 14 rows and 7 columns for writing on Tuesday.

A large grid of 14 rows and 7 columns for writing on Wednesday.



one thing

one thing

one thing



WEATHER

WEATHER

WEATHER



THURSDAY

FRIDAY

SATURDAY

Large grid for writing on Thursday.

Large grid for writing on Friday.

Large grid for writing on Saturday.



one thing

WEATHER

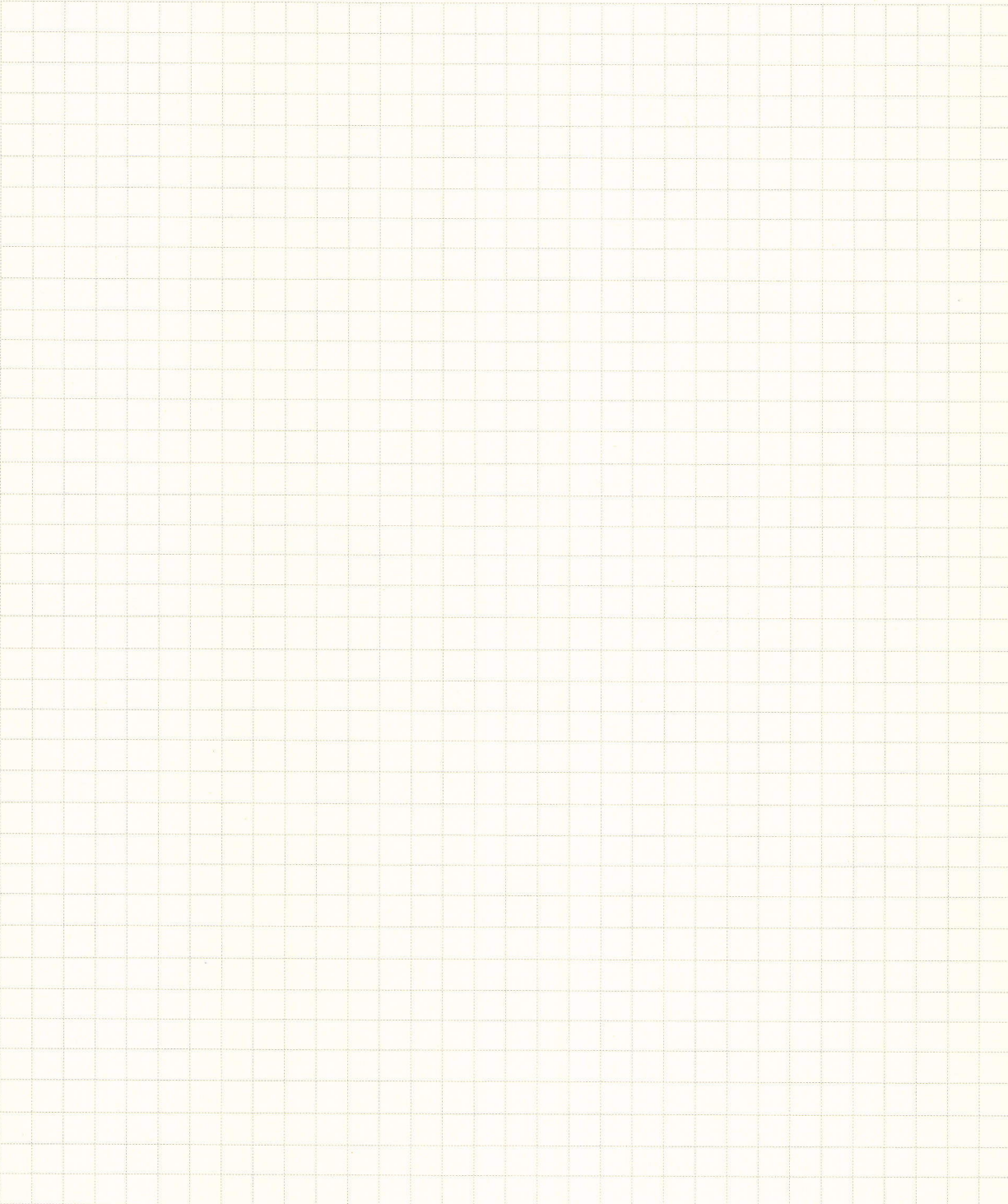


SUNDAY

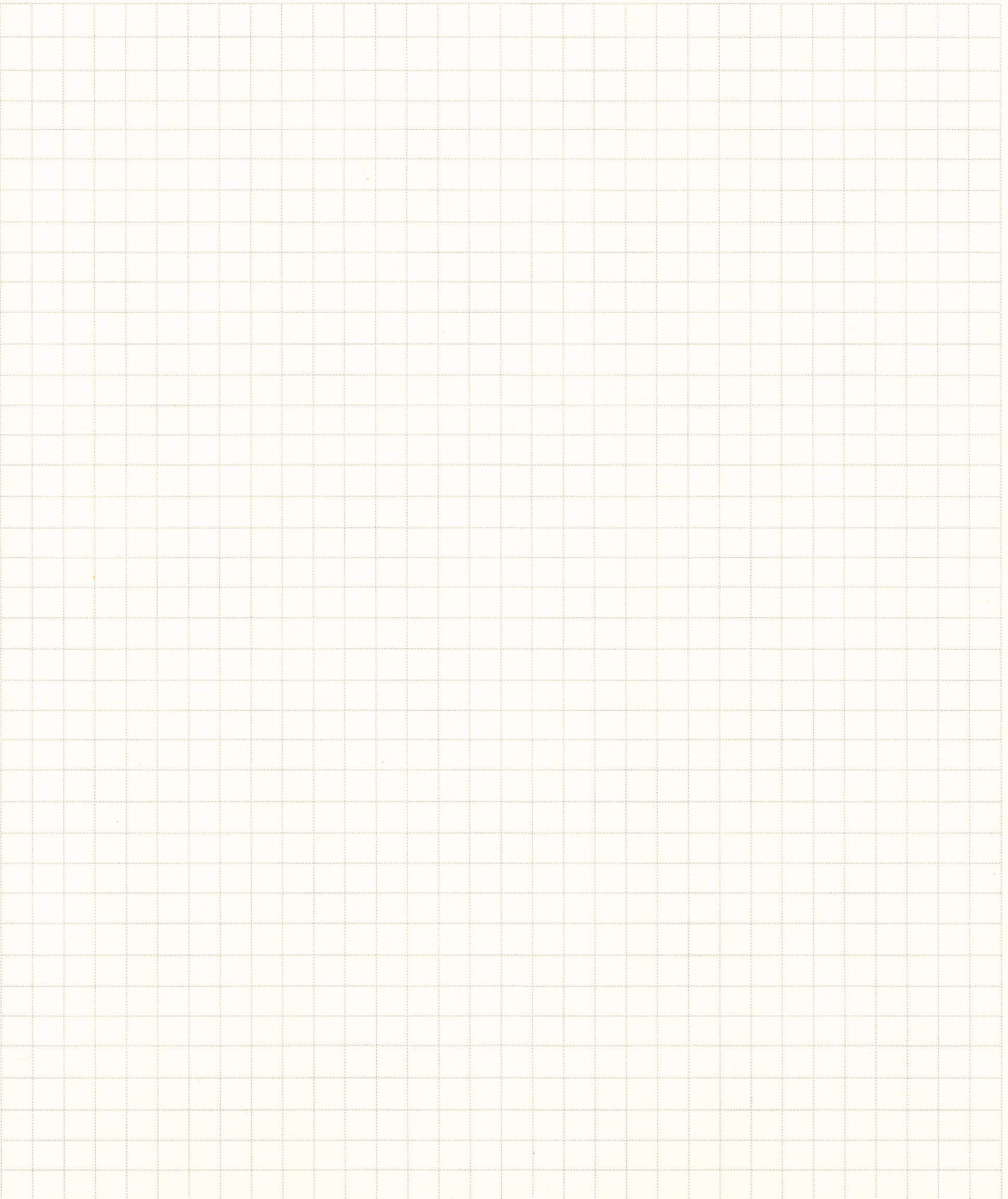
Large grid for writing on Sunday.




NOTES



NOTES





Affirmations

I am doing my best.

I choose to be happy and love myself.

My possibilities are endless.

My thoughts become my reality.

I will not worry about things I can not control.

I will be kind to myself and others.

I am grateful for all that I have.

I can do hard things.

I have everything I need to succeed in life.

I honor my commitments to myself.

I build new healthy habits for a bright future.

Today is full of opportunity and love.

I am excited about today.

I can make a difference.

I am in charge of my happiness.

SONDER

n. the realization that each random passerby is living a life as vivid and complex as your own—populated with their own ambitions, friends, routines, worries and inherited craziness—an epic story that continues invisibly around you.

For a chance to be featured:

tag us @silkannder and use #mysilkannder

www.silkannder.com



**MADE IN
CALIFORNIA**

@silkandsonder
www.silkandsonder.com