

Date:

# My Well-being Weekly Planner

My main focus this week:

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My 'me-time' this week:

\_\_\_\_\_



Someone I need to contact this week:

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The things I am thankful for this week:

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My healthy habits this week:

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M T W T F S S

Exercise - 30 minutes

Being outside - 30 minutes

Meeting up with friends

Eating a good diet

Helping someone out

Something new I am trying this week:

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My events this week:

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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