




WEEKLY PLANNER

What I'd like to achieve this week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Do something	e.g. Swimming 9am	e.g. Do a game of Sudoku or a crossword	e.g. Walk to the shops or to a park	e.g. Listen to or play some music	e.g. Read a book	e.g. Clean up the garden	e.g. Go for a beach walk
 Do something with someone	e.g. Go shopping with a friend		e.g. Meet a friend at a coffee shop		e.g. Meet a friend at lunch club		e.g. Meet a friend at an art gallery
 Do something meaningful	e.g. Clean one or more rooms	e.g. Help Aunt Sue with grocery shopping		e.g. Go to grow group	e.g. Learn a new song on a musical instrument	e.g. Do an 'act of kindness'	

Act	Belong	Commit
<p>Things like...</p> <ul style="list-style-type: none"> Go for a walk Meditate Get out in nature Do some yoga Do a crossword Read a book in the park Go swimming Chat to a neighbour Do the gardening... 	<p>Things like...</p> <ul style="list-style-type: none"> Join a recreational group or a recovery group Meet up with friends or family for an outing or do something together Find out from the council what events are happening in your community... 	<p>Things like...</p> <ul style="list-style-type: none"> Set yourself goals Do an 'act of kindness' Volunteer Keep going to groups you are involved in Help out a bit more at a group you already attend Work on a skill you have or learn a new one...

The highlight of my week was: