




# WEEKLY PLANNER



What I'd like to achieve this week: .....

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

The highlight of my week was: .....