

## **WEEKLY PLANNER**



Government of Western Australia Mental Health Commission

## 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 Sudokt or a crossword	e.g. 1 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	
belong 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 l club	lunch	e.g. Meet a friend at an art gallery	
commit 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 a musical instrum			
Act			Belong			Commit		
Things likeRead a book in the parkGo for a walkRead a book in the parkMeditateGo swimmingGet out in natureChat to a neighbourDo some yogaDo the gardeningDo a crosswordDo a crossword		the park ·	ngs like 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 coun- what events are happer in your community	cil · Set ning · Do · Vo · Ket	<ul> <li>Things like</li> <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:

For more information and to use our **'Activity Finder'** visit: **actbelongcommit.org.au**. If you would like more help on how to Act, Belong and Commit call **(08) 9266 4648** or email **info@actbelongcommit.org.au**, to request a copy of the **Guide to Keeping Mentally Healthy** or a **personalised information pack** of groups and activities in your area.