Monday:

* Breathing exercise / meditation
* Positive quote
* One thing you are thankful for
* Exercise

Tuesday:

* Breathing exercise / meditation
* Positive quote
* One reaffirming thought
* Stretch

Wednesday:

* Breathing exercise / meditation
* Positive quote
* Call a friend / relative
* Eat a healthy breakfast

Thursday:

* Breathing exercise / meditation
* Positive quote
* One thing you are good at
* Exercise

Friday:

* Breathing exercise / meditation
* Positive quote
* Spend time with friends / family
* Stretch

Saturday:

* Breathing exercise / meditation
* Positive quote
* Spend 30 min on a fun hobby
* Clean your living space

Sunday:

* Breathing exercise / meditation
* Positive quote
* Make an agenda for the week
* Take a nap