

Every day make sure to: Nurture, Achieve, Connect and Enjoy

Week of: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Nurture Yourself							
<i>Take care of yourself</i> Exercising Healthy eating Treat illness Restorative Sleep Cook a favourite food Meditation							
Achievement							
<i>Provides a sense of accomplishment, productivity and purpose</i> Household chores Studying/Researching Online (Volunteer) Work Crafts							
Connection with Others							
<i>Allow closeness in your life</i> Visit with friends or family Card/Hobby Groups Exercise groups Coffee with a friend Church							
Enjoyment							
<i>Make Time to have fun and give yourself the opportunity to laugh and smile</i> Watch a funny movie Play charades Play with a pet Boardgame with family							