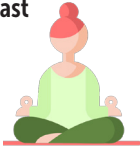


## Body care

- Healthy breakfast
- 8 hours sleep
- Yoga session



## Achievements

- Mopped the floor
- Finished report
- Grocery shopping



## Connections

- Rang mum
- Volunteer work
- Romantic dinner



## Enjoyment

- Cinema trip
- Read a magazine
- Went to a concert



Use this sheet every day to write down the activities you do to look after yourself, focussing on Body care, Achievements, Connections and Enjoyment. See the examples above for inspiration.

Aim for a good balance of activities across the week and you will start to be more active and feel your spirits lifting.

### Monday

B

A

C

E

### Tuesday

B

A

C

E

### Wednesday

B

A

C

E

### Thursday

B

A

C

E

### Friday

B

A

C

E

### Saturday

B

A

C

E

### Sunday

B

A

C

E