

MENTAL WELL-BEING WEEKLY PLANNER



Use this to help you prepare yourself for the week ahead.

What positive/joyful activities do I have planned/will I plan for this week?

What are the barriers to those plans happening this week and how will I overcome those/prioritise them?

What are the possible challenges to my mental wellbeing this week?

How will I prepare for/deal with those challenges?

What message do I need to remind myself of this week?