

WELLBEING PLANNER

I'M **GRATEFUL FOR**

I'M **PROUD OF**

BODY

- Exercise
- Eating well
- Drinking water
- Rest

ACHIEVE

- Work/School
- Chores
- Study
- Planning

CONNECT

- Friends
- Family
- Community
- Ask for help

ENJOY

- Play
- fun
- Social Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY