

Date	Weather
------	---------

General	Monday	Tuesday	Wednesday
Energy Levels and health	Morning	Morning	Morning
Gratitude	Afternoon	Afternoon	Afternoon
Concerns	Evening	Evening	Evening

Celebrations	Goals for the week

General seasonal observations

Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

To Do	Reflections on the week
	What went well? What was challenging Things to take onwards to next week

Month

Goals for the month

Self care plans

Evaluation (how did the month go)

Books, music, creativity, people, places, walks, food, events.....