

# Week's Focus



**Important activities to include in this week's planning**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Tasks to complete this week towards your goals**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- Self Care, reward activity Ideas**
- Read for pleasure
  - Walk in the garden/park
  - Play with children/pets
  - Cook favourite meal
  - Write in your journal with honesty
  - Speak with friends
  - Go to a movie
  - Buy flowers for the home/office
  - Get facial, pedicure or manicure
  - Go for a drive to somewhere new
  - Be a tourist for a day
  - Watch the stars at night
  - Watch clouds pass by day
  - Continue a forgotten hobby
  - Explore a new hobby
  - Meditate
  - Dance to favourite music
  - Test other radio stations
  - Refuse to answer the phone or emails between set times.

**Meal Ideas – Focus on \_\_\_\_\_**

**Shopping List**

Growing Strong Ideas Pty Ltd

