



# Weekly Guide

*Bring productivity and tranquility into your days  
by incorporating these 10 suggested ingredients.*

*Mix together with awareness and self-compassion for a nourishing week.*

- 1 INSERT DATE
- 2 SET YOUR WEEK'S INTENTION
- 3 WEEKLY TRANQUILITY TOOLS
- 4 LIST WEEK'S MOST IMPORTANT TASKS
- 5 TRACK EATING HABITS, PLAN MEALS, SCHEDULE EXERCISE
- 6 PEN YOUR GRATITUDE LIST
- 7 LIST YOUR DAY'S APPOINTMENTS
- 8 LIST YOUR DAY'S TO-DOS
- 9 LIST YOUR WEEK'S PROJECTS
- 10 DAILY TRANQUILITY TOOLS

## 2 INTENTION:

1

MONDAY \_\_\_\_\_ TUESDAY \_\_\_\_\_ WEDNESDAY \_\_\_\_\_

7	_____	7	_____	7	_____
8	_____	8	_____	8	_____
9	_____	9	_____	9	_____
10	_____	10	_____	10	_____
11	_____	11	_____	11	_____
12	_____	12	_____	12	_____
1	_____	1	_____	1	_____
2	_____	2	_____	2	_____
3	_____	3	_____	3	_____
4	_____	4	_____	4	_____
5	_____	5	_____	5	_____
6	_____	6	_____	6	_____
7	_____	7	_____	7	_____
8	_____	8	_____	8	_____
9	_____	9	_____	9	_____

## 3 weekly checklist

- PLAN WEEK'S MITS
- SOAK IN THE TUB
- TAKE A DIGITAL DAY OFF
- CLEAR CLUTTER
- PEN A LOVE NOTE
- BUY/PICK FRESH FLOWERS
- TAKE AN ARTIST DATE
- SAVOR A GREEN JUICE

## 4 MITS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 5 wellness planning

M \_\_\_\_\_

T \_\_\_\_\_

W \_\_\_\_\_

TH \_\_\_\_\_

F \_\_\_\_\_

S \_\_\_\_\_

S \_\_\_\_\_

## 6 GRATITUDE:

<b>daily checklist</b>	10	<b>daily checklist</b>	<b>daily checklist</b>
<input type="checkbox"/> MORNING RITUAL		<input type="checkbox"/> MORNING RITUAL	<input type="checkbox"/> MORNING RITUAL
<input type="checkbox"/> DAILY DRESS-UP		<input type="checkbox"/> DAILY DRESS-UP	<input type="checkbox"/> DAILY DRESS-UP
<input type="checkbox"/> MINDFUL MOVEMENT		<input type="checkbox"/> MINDFUL MOVEMENT	<input type="checkbox"/> MINDFUL MOVEMENT
<input type="checkbox"/> EAT YOUR VEGGIES		<input type="checkbox"/> EAT YOUR VEGGIES	<input type="checkbox"/> EAT YOUR VEGGIES
<input type="checkbox"/> JOURNAL		<input type="checkbox"/> JOURNAL	<input type="checkbox"/> JOURNAL
<input type="checkbox"/> GOAL REVIEW		<input type="checkbox"/> GOAL REVIEW	<input type="checkbox"/> GOAL REVIEW
<input type="checkbox"/> GRATITUDE		<input type="checkbox"/> GRATITUDE	<input type="checkbox"/> GRATITUDE
<input type="checkbox"/> EVENING RITUAL		<input type="checkbox"/> EVENING RITUAL	<input type="checkbox"/> EVENING RITUAL