Pandemie Well-Being Plan

WEEK OF _____

7	~	WEE	K OF				
	THE BUR			NO			
	ACTIONS	M	T	w	тн	F	S SU
人	Write in journal	All was					
O TO	Listen to inspiring song or podcast			No.	* * * * * * * * * * * * * * * * * * *	N KA	
	Reach out to someone			7. 7			
イシラ	Take a walk or exercise						
	Get in at least one good laugh			A WAY			
	Do one creative thing			Ž Š		K K	
	Read for fun				X		
	Be grateful		NAME OF THE PROPERTY OF THE PR				
	Clean one thing/space	No.					
A C	Do one thing you'll be glad you did later					X	