

Sample Weekly Plan

Name Jill Date 3/12-3/19 Return and report to Amanda

Goal for the week Choose 5 positive affirmations

| Action steps to achieve goal (up to 5) | Completed |
|--|-----------|
| Read through the list of affirmations in the wellness toolkit | X |
| Look online for other affirmation examples | |
| Try making up a few myself, what do I want? | X |
| Choose 5 that I like and that seem to apply to me and my situation | X |
| | |

| Morning routine | M | T | W | Th | F | Sa | Su |
|---|---|---|---|----|---|----|----|
| Get out of bed | X | X | X | X | X | X | X |
| Get dressed and ready for the day | X | X | X | X | X | | X |
| Calibrate body (chin up, smile on, shoulders back, etc.) for 60 seconds | X | X | X | X | X | | |

| Evening routine | M | T | W | Th | F | Sa | Su |
|--|---|---|---|----|---|----|----|
| Brush teeth | X | X | X | X | X | X | X |
| Write 2 sentences (or more) in a journal | X | X | X | X | X | | |
| Take 5 slow, deep breaths | X | X | X | X | X | | |

| Measuring weekly successes | Success! I did it! |
|---|-----------------------|
| I set a goal. | X |
| I completed at least one action step towards reaching my goal. | X |
| I achieved my goal. | X |
| I completed my morning routine 5 times (or more) this week. | X |
| I completed my evening routine 5 times (or more) this week. | X |
| I "returned and reported" to my accountability partner/ mentor/ coach | X |