**DAILY PLANNER**

**MONDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITIES/TO DO LIST** | |  | **Positives of the day** |
| 7AM |  |  |  |
|  |  |
|  |
| 8AM |  |
|  |
|  |
| 9AM |  |
|  |
|  |
| 10AM |  |  |
|  |  |
|  |  |
| 11AM |  | **Notes** |
|  |  |
|  |  |
| 12PM |  |  |
|  |  |
|  |  |
| 1PM |  |  |
|  |  |
|  |  |
| 2PM |  | **Mindfulness colouring** |
|  |  |
|  |  |
| 3PM |  |
|  |
|  |
| 4PM |  |
|  |
|  |
| 5PM |  |
|  |
|  |  |
| 6PM |  |  |
|  | BE STRONG  Because things will get better.  It maybe stormy now but it never rains forever. |
|  |
| 7PM |  |
|  |
|  |
| 8PM |  |
|  |
|  |

**DAILY PLANNER**

**TUESDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITIES/TO DO LIST** | |  | **Positives of the day** |
| 7AM |  |  |  |
|  |  |
|  |
| 8AM |  |
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|  |
| 9AM |  |
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|  |
| 10AM |  |  |
|  |  |
|  |  |
| 11AM |  | **Notes** |
|  |  |
|  |  |
| 12PM |  |  |
|  |  |
|  |  |
| 1PM |  |  |
|  |  |
|  |  |
| 2PM |  | **Mindfulness colouring** |
|  |  |
|  |  |
| 3PM |  |
|  |
|  |
| 4PM |  |
|  |
|  |
| 5PM |  |
|  |
|  |  |
| 6PM |  |  |
|  | Only in darkness can we see the stars |
|  |
| 7PM |  |
|  |
|  |
| 8PM |  |
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|  |

**DAILY PLANNER**

**WEDNESDAY**

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| --- | --- | --- | --- |
| **ACTIVITIES/TO DO LIST** | |  | **Positives of the day** |
| 7AM |  |  |  |
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|  |
| 8AM |  |
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|  |
| 9AM |  |
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|  |
| 10AM |  |  |
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|  |  |
| 11AM |  | **Notes** |
|  |  |
|  |  |
| 12PM |  |  |
|  |  |
|  |  |
| 1PM |  |  |
|  |  |
|  |  |
| 2PM |  | **Mindfulness colouring** |
|  |  |
|  |  |
| 3PM |  |
|  |
|  |
| 4PM |  |
|  |
|  |
| 5PM |  |
|  |
|  |  |
| 6PM |  |  |
|  | **Stress Less**   1. **Focus on what you can control.** 2. **Colour/play a game.** 3. **Talk about how you feel.** 4. **Look for opportunities.** 5. **Treat yourself.** |
|  |
| 7PM |  |
|  |
|  |
| 8PM |  |
|  |
|  |

**DAILY PLANNER**

**THURSDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITIES/TO DO LIST** | |  | **Positives of the day** |
| 7AM |  |  |  |
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|  |
| 8AM |  |
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|  |
| 9AM |  |
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|  |
| 10AM |  |  |
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|  |  |
| 11AM |  | **Notes** |
|  |  |
|  |  |
| 12PM |  |  |
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|  |  |
| 1PM |  |  |
|  |  |
|  |  |
| 2PM |  | **Mindfulness colouring** |
|  |  |
|  |  |
| 3PM |  |
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|  |
| 4PM |  |
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|  |
| 5PM |  |
|  |
|  |  |
| 6PM |  |  |
|  | With each new day comes new strength and new thoughts |
|  |
| 7PM |  |
|  |
|  |
| 8PM |  |
|  |
|  |

**DAILY PLANNER**

**FRIDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITIES/TO DO LIST** | |  | **Positives of the day** |
| 7AM |  |  |  |
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| 8AM |  |
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|  |
| 9AM |  |
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|  |
| 10AM |  |  |
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|  |  |
| 11AM |  | **Notes** |
|  |  |
|  |  |
| 12PM |  |  |
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|  |  |
| 1PM |  |  |
|  |  |
|  |  |
| 2PM |  | **Mindfulness colouring** |
|  |  |
|  |  |
| 3PM |  |
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|  |
| 4PM |  |
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|  |
| 5PM |  |
|  |
|  |  |
| 6PM |  |  |
|  | When life puts you in tough situations don’t say  WHY ME  Just say  TRY ME |
|  |
| 7PM |  |
|  |
|  |
| 8PM |  |
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|  |

**DAILY PLANNER**

**SATURDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITIES/TO DO LIST** | |  | **Positives of the day** |
| 7AM |  |  |  |
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| 8AM |  |
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| 9AM |  |
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|  |
| 10AM |  |  |
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|  |  |
| 11AM |  | **Notes** |
|  |  |
|  |  |
| 12PM |  |  |
|  |  |
|  |  |
| 1PM |  |  |
|  |  |
|  |  |
| 2PM |  | **Mindfulness colouring** |
|  |  |
|  |  |
| 3PM |  |
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|  |
| 4PM |  |
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|  |
| 5PM |  |
|  |
|  |  |
| 6PM |  |  |
|  | Do something today that your future self will thank you for. |
|  |
| 7PM |  |
|  |
|  |
| 8PM |  |
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|  |

**DAILY PLANNER**

**SUNDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITIES/TO DO LIST** | |  | **Positives of the day** |
| 7AM |  |  |  |
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| 8AM |  |
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|  |
| 9AM |  |
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|  |
| 10AM |  |  |
|  |  |
|  |  |
| 11AM |  | **Notes** |
|  |  |
|  |  |
| 12PM |  |  |
|  |  |
|  |  |
| 1PM |  |  |
|  |  |
|  |  |
| 2PM |  | **Mindfulness colouring** |
|  |  |
|  |  |
| 3PM |  |
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|  |
| 4PM |  |
|  |
|  |
| 5PM |  |
|  |
|  |  |
| 6PM |  |  |
|  | **POSITIVE**  **MIND**  **POSITIVE**  **LIFE**  **POSITIVE**  **VIBES** |
|  |
| 7PM |  |
|  |
|  |
| 8PM |  |
|  |
|  |