

WEEKEND RESET PLAN

WHAT WORKED LAST WEEK? WHAT DIDN'T WORK? WHAT CAN I DO DIFFERENTLY IN THE UPCOMING WEEK?

WHAT CAN I DO THIS WEEKEND TO MAKE MY UPCOMING WEEK EASIER? WHAT WOULD "FUTURE ME" APPRECIATE ME FOR DOING?

HOW CAN I TAKE CARE OF MYSELF...

PHYSICALLY

EMOTIONALLY

MENTALLY

SOCIALLY