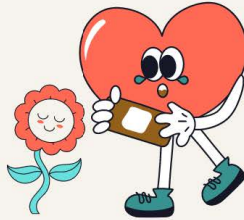


HAVE A NICE DAY



A LITTLE
MORE OKAY,
DAY BY DAY!

PICK GOALS FROM EACH CATEGORY:

PHYSICAL:

- GET A MASSAGE
- GO OUT IN NATURE
- SLEEP 7-8 HOURS
- EXERCISE 3X A WEEK
- EAT 3 HEALTHY MEALS A WEEK

MENTAL:

- GO TO THERAPY
- MEDITATE
- DO SOMETHING CREATIVE
- PRACTICE ASKING FOR HELP

EMOTIONAL:

- POSITIVE AFFIRMATIONS
- ALLOW YOURSELF TO CRY
- GRATITUDE JOURNAL
- UNPLUG FROM SOCIAL MEDIA

ACADEMIC:

- STUDY BREAK
- ASKED A TEACHER OR TUTOR FOR HELP
- TURN CANVAS NOTIFICATIONS OFF FOR THE WEEKEND
- TREAT YOURSELF BECAUSE OF A GOOD GRADE

SOCIAL:

- SET BOUNDARIES
- MAKE A FEEL GOOD PLAYLIST
- VIDEO CHAT WITH A FRIEND
- MANAGE TIME WITH CALENDAR

MY OWN GOALS:

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DAY #01 - TOP 3 GOALS

DAY #02 - TOP 3 GOALS

DAY #03 - TOP 3 GOALS

DAY #04 - TOP 3 GOALS

DAY #05 - TOP 3 GOALS
