Things I want to get done: MORNING

Month of: _____

Task	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Notes

Coaching Note: Remember to not put too much pressure on yourself. Start off with 1-2 tasks until you are confident to add more. For example, perhaps start with skin care and reading 3 pages in a book. After a few weeks, add 1-2 more such as make smoothie and listen to podcast. It takes 21 days to make a habit, and it's important to forgive yourself. This is a personal routine builder, so whatever YOU want to accomplish is what's important.

ElevateHER
MENTAL HEALTH SUPPORT SERVICES CANADA