

Planning for Balance

Weekly Worksheet

Stresses, worries, or looming thoughts about the upcoming week (include triggers and stuck emotions):

Actions I plan to take this week to create balance (include daily non-negotiables that you already do):



Now, review your list of self-care actions and plan specific times to do them. How many times per week, what time of day, which days, etc.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

What are you looking forward to this week?

How will you know what you're feeling balanced?