



Today's
Affirmation:

Daily Planner

Week ___

Date _____

M T W T F

Time	Agenda	Priorities
9		Movement:
10		
11		
12		Mastery:
1		
2		
3		Meaning:
4		
5		
6		What will I change tomorrow?
7		Today's Dream:
8		
9		
10		

Hello Friend!

Making a schedule for yourself will help you feel more "normal" during this time. The key to making a good covid schedule is flexibility, discipline and a release of judgement. That's right - making good decisions for ourselves requires effort. Unlike the images of a spa we so normally associate with self care, real self care means getting outside for a walk in the sunshine, exercising, putting down the doughnut - even if it feels difficult!

To use this planner, start with the right side first, add to the left, then move back over to the right at the end of the day. We've chosen to focus on three things that are proven to support mental health: Movement, Mastery and Meaning.

Movement: Use this space to come up with 3 things you can or want to do during the day to move. You aren't obligated to do all 3, but now you have stuff to choose from, and permission to change things later on as the day progresses. Think about exercise, yoga, running, dance parties, or simply stretching.

Mastery: Use this space to list 3-5 things that will give you a sense of mastery over your life and/or environment. Make the bed, do the dishes, brush your teeth, shower and get dressed all the way - make sure these are realistic tasks!

Meaning: Use this space to brainstorm ways to add meaning to your day. Maybe you can donate \$5 to a charity, or dedicate time to call a friend. Maybe it's ordering groceries for a neighbor, or leaving encouraging notes for neighbors, or reading an inspirational book. This connection to meaning will give you a boost and resilience for the long haul.

To Change: At the end of the day, look back and make some changes for tomorrow. Say the run was awesome, but you'd bring music to make it better. Write it down. Maybe your Mastery projects were too complicated. Reflect and make intentional changes to improve tomorrow.

Dream: The last spot is about future planning and visioning, to give us a dopamine rush and energy to persist. Jot down an idea, a trip, a project, a place to visit - anything goes as long as it encourages your heart.

We can do this!
- The Wild and Wonderful Life Crew

