



TASKS

SUN

MON

TUE

WED

THUR

FRI

SAT

SHOWERED & BRUSHED TEETH

CHOSE A GOAL TO FOCUS ON

REPEATED AN AFFIRMATION

CHALLENGED NEGATIVE THOUGHTS

GOT OUTSIDE

WAS ACTIVE FOR MIN. 20 MINUTES

PRACTICED MINDFULNESS

TOOK TIME TO DO SOMETHING I LIKE

PRACTICED A BREATHING TECHNIQUE

HAD NOURISHING MEALS

WATCHED AND MINIMIZED MY CAFFEINE INTAKE

STAYED HYDRATED (8 CUPS OF WATER)

ATTENDED RECOVERY MEETING

TOOK DAILY MEDICATIONS

ATTENDED THERAPY