

Consider each item and your community life in light of your mission. For which category below, remember that activities are something you do, while intentions are something you want to do. Put each item in the category it belongs to. If you do it occasionally, it means that you intend to do it.

PHYSICAL
Exercising, Eating, Hydration, Sleep

- work out at least once a week
- daily walks
- morning skin care

EMOTIONAL
Meditation, Journaling, Self Care, Gratitude

- morning affirmations

SOCIAL
Connecting with others, Relationships

- weekly girl's brunch

SPIRITUAL
Prayer, Church, Bible, Reflection

BLOCKERS
What prevents you from doing these well?

Positive Psychology Planner

Clare Erasmus



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