

Consider each item and your community life in light of each of the seven categories below. Remember that anything on your to-do list is a commitment. If you are not sure if you can keep it, write it down.

PHYSICAL
Exercise, Diet, Appearance, Hygiene

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

EMOTIONAL
Meditation, Positive Self-Talk, Gratitude

- morning affirmations

SOCIAL
Connecting with others, Relationships

- weekly girl's brunch

SPIRITUAL
Prayer, Care in Action, Reflection

BLOCKERS
What prevents you from doing these well?

Positive Psychology Planner

K Morrison



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