

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 more often.

PHYSICAL
Exercising, Eating, Hydrating, Resting

- 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 more and when?

Positive Psychology Planner

Didier Musso



Positive Psychology Planner:

Positive Psychology Planner Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Positive Psychology Planner**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Positive Psychology Planner Introduction

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