Weekly Planner

Subsequent weeks: Plan activities each day, mixing activities of Work, Rest and Play (or Achieve, Connect & Enjoy). Pace yourself!							
Day							
Morning							
Afternoon							
Evening							

First week: Write down what you do and how you feel (emotion). Rate the emotion 0-100% *E.g.* "*Watched TV, Sad 85%"* Subsequent weeks: Plan activities each day, mixing activities of Work, Rest and Play (or Achieve, Connect & Enjoy). Pace yourself!