A WEEK OF SIMPLE JOYS

Weekly Intentions



Week of _____

How I want to feel this week

What matters most

Small joys I want to make time for

A WEEK OF SIMPLE JOYS

Daily Planning

Date _____

Top three priorities

- [ ] _____
- [ ] _____
- [ ] _____

Schedule

_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____

To do

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Notes

_____
_____
_____
_____

One good thing today

_____

A WEEK OF SIMPLE JOYS

To-Do Lists



Week of _____

Must do

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Would like to do

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Errands and follow-ups

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

A WEEK OF SIMPLE JOYS

Routines



Week of _____

Morning routine

_____

_____

_____

_____

_____

Evening routine

_____

_____

_____

_____

_____

Weekly routine tracker

Routine	Mon	Tue	Wed	Thu	Fri	Sat	Sun
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

A routine I want to adjust

_____

_____

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Self-Care



Week of _____

What I need this week

Care for my body

Care for my mind

Rest, play, and connection

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Gratitude



Week of _____

Little things I’m grateful for

Someone who made my week better

A moment I want to remember

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Weekly Reflection



Week of _____

What went well?

What felt difficult?

What did I learn about what I need?

What will I carry into next week?

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