

MY WEEK, MY WAY

Meals for the week

Choose meals that fit your time, budget and appetite.

Week beginning: _____

DAY	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Keep it flexible: leftovers, easy meals and changes of plan all count.

Shopping and a little breathing space

Week beginning: _____

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Mood check-ins and weekly reflection

A gentle space to notice how you feel. Fill in as much or as little as you like.

Week beginning: _____

Monday

Mood: _____ What I need / one small step: _____

Tuesday

Mood: _____ What I need / one small step: _____

Wednesday

Mood: _____ What I need / one small step: _____

Thursday

Mood: _____ What I need / one small step: _____

Friday

Mood: _____ What I need / one small step: _____

Saturday

Mood: _____ What I need / one small step: _____

Sunday

Mood: _____ What I need / one small step: _____

ONE GOOD MOMENT

WHAT HELPED THIS WEEK?

NEXT WEEK, I'D LIKE TO...
