

Weekly Planning Template

Career & Studies:

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Personal Life and Habits:

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Family, Friends and Community:

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Health, Wellness and Self-Knowledge:

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Relaxation, Hobbies & Creativity:

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TIPS



Use colors, stickers, or emojis to make the planner visually engaging.

Break tasks into smaller, manageable steps for a sense of accomplishment.



— DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekend Reflections:

- Reflect on the week's challenges and successes.
- Set intentions for the upcoming week.
- Plan a self-care activity for the weekend.