

# Weekly Planning Template

## Career & Studies:

- Tasks related to career development.
- Learning opportunities for skill development.

## Personal Life and Habits:

- Activities or tasks for personal growth.
- Tasks enhancing the overall quality of life.

## Family, Friends and Community:

- Quality time with family and friends.
- Activities contributing to the community.

## Health, Wellness and Self-Knowledge:

- Exercise or wellness activities.
- Moments for self-reflection and self-care.

## Relaxation, Hobbies & Creativity:

- Time dedicated to hobbies or passions.
- Learning or exploring new interests.



## 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

- Morning routine checklist.
- Top 3 tasks for the day.
- Breaks for self-care or relaxation.

### Tuesday

- Schedule study/work sessions.
- Plan meals and snacks.
- Quick reflection on the day's achievements.

### Wednesday

- List one thing you're looking forward to.
- Time slots for social activities or hobbies.
- Evening wind-down routine.

### Thursday

- Identify and tackle a challenge.
- Reminders for hydration and healthy habits.
- Set aside time for personal interests.

### Friday

- Review the week's achievements.
- Plan a small weekend activity.
- Express gratitude for the week.

## Weekend Reflections:

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