

# MY BALANCED WEEKLY ROUTINE



Use this worksheet to plan a week for yourself in which every day you have a balance of things that give a sense of achievement, things that promote closeness and connection and things that give you pleasure and stimulation. We know that a balance between these things helps manage anxiety, give us a sense of control, and instil some of the confidence that comes with meeting goals.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sense of achievement							
Closeness and connection							
Pleasure and stimulation							