

MY PLANS FOR THIS WEEK

Things to Do

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Upcoming Due Dates

Notes:

What went well for me today?

- _____
- _____
- _____

Who made my day better?

- _____
- _____
- _____

For more information on managing stress, follow us on social media:



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