

<p><i>Monday</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>♥ THANKFUL FOR _____</p>	<p><i>Tuesday</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>♥ THANKFUL FOR _____</p>	<p><i>Wednesday</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>♥ THANKFUL FOR _____</p>	<p><i>This week I will...</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> GO FOR A WALK</li> <li><input type="checkbox"/> DRINK LOTS OF WATER</li> <li><input type="checkbox"/> MEDITATE FOR 10 MINS</li> <li><input type="checkbox"/> CHECK IN ON A FRIEND</li> <li><input type="checkbox"/> COOK MY FAVOURITE MEAL</li> <li><input type="checkbox"/> TRY A NEW FOOD</li> <li><input type="checkbox"/> HAVE A GOOD LAUGH</li> <li><input type="checkbox"/> CELEBRATE MY ACHIEVEMENTS</li> </ul>	<p><i>My Weekly Goals</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><i>Thursday</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>♥ THANKFUL FOR _____</p>	<p><i>Friday</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>♥ THANKFUL FOR _____</p>	<p><i>Weekend</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>♥ THANKFUL FOR _____</p>		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

*My weekly planner*



Drop into compass for support and advice. Email: [compass@rmit.edu.au](mailto:compass@rmit.edu.au)  
 Visit [www.rusu.rmit.edu.au/compass](http://www.rusu.rmit.edu.au/compass) to print more planners.