Spend time outdoors

Complete a self-assessment

Read

Explore a new hobby

Go to the spa

Binge watch a show

Say no to someone/prioritize myself

Exercise

Have a lazy day

Enjoy the sunset, snow, rain, etc.

Clean my house or office

Eat fruits and vegetables

Set a goal for the week

Grow/care for a plant

Create a daily affirmation

Write in a journal

Buy something new for myself

Travel

Take vacation

Pray

Laugh and smile

Spend time in silence

Meditate

Talk to family or a friend

Drink water

Spend time with my pet/an animal

Take vitamins/supplements

Tell someone how you feel

Take a personality test

Review my finances

Get my hair or nails done

Take a day trip

Give myself a compliment

Cry

Organize my week

See a counselor

Cook a nice meal

Nap or sleep in

Take a bath

Spend less time on my phone

Watch/read more positive things

Give someone a compliment

Do something creative

Make time for my hobbies

Spend quality time with my partner

Declutter a space

**I have \_\_\_\_\_\_\_ points this week. (Tally one point per item you completed this week)**

How could I have gotten a better score?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why am I proud of the score I have?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is a strength I possessed this week?

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What will I change next week?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What will my affirmation be next week?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

