

My wellbeing plan

THIS WEEK



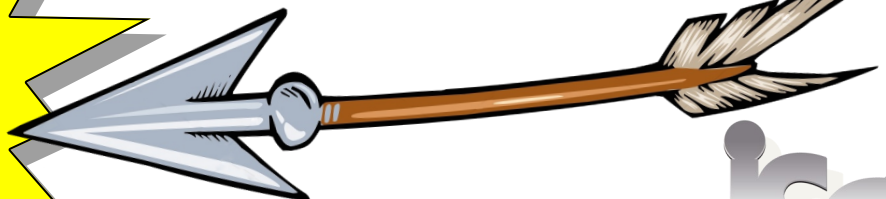
| | |
|----------------------|--------------------------|
| Urgent/important | Not Urgent/important |
| Urgent/Not important | Not Urgent/Not important |

ACHIEVING WEEKLY WELLBEING SCHEDULE

**WORKLOAD DISTRACTION ELIMINATION:
THINGS TO REMOVE**



| | |
|--------------------------------|--|
| Monday | |
| Tuesday | |
| WELLBEING WEDNESDAY | |
| Thursday | |
| Fika Friday | |



WEEKLY WELLBEING GOAL

