

WEEKLY MENTAL HEALTH RESET

WEEK OF: _____ INTENTION: _____

SELF-CARE
ACTIVITY

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8 Hours Sleep

Mindful Meditation
(10m)

Outdoor Movement

Gratitude Journaling

Digital Detox (1hr)

Hydration Goal

HIGHEST ENERGY MOMENTS
CHALLENGES & BOUNDARIES
THINGS THAT BROUGHT PEACE
NEXT WEEK'S FOCUS