

MY WEEKLY TO DO LIST

WEEK NUMBER

WEEK FOCUS

MONDAY

DONE ✓

- ♥
- ♥
- ♥
- ♥
- ♥
- ♥
- ♥ Do a kind thing for myself or someone else

TUESDAY

DONE ✓

- ♥
- ♥
- ♥
- ♥ Call a friend I haven't talked to in a while
- ♥
- ♥
- ♥

WEDNESDAY

DONE ✓

- ♥
- ♥
- ♥
- ♥ Smile at the first stranger I meet
- ♥
- ♥
- ♥

THURSDAY

DONE ✓

- ♥
- ♥
- ♥
- ♥
- ♥
- ♥ Put on my favourite song and dance
- ♥

FRIDAY

DONE ✓

- ♥
- ♥ Do something I am afraid to do
- ♥
- ♥
- ♥
- ♥
- ♥

NOTES

- ♥
- ♥
- ♥
- ♥
- ♥
- ♥
- ♥