

WEEKLY PLANNER

There's never been a more important time to prioritise your mental health... one day at a time.

Use this Weekly Planner to make time in your day to get active, connect with others and commit to something meaningful.



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Act							
Belong							
Commit							

Act Do something.

Things like...

- Get out in nature... even if it's in your own yard
- Read a book
- Dance
- Do some yoga
- Do a puzzle

Belong Do something with someone.

Things like...

- Tackle a board game with someone in your family
- Video call someone you haven't seen in a while
- Write a note or text telling someone how much you care
- Research interesting groups or clubs in your local community

Commit Do something meaningful.

Things like...

- Learn something new
- Challenge yourself to reach a new goal eg. read a harder book
- Tidy or organise something for someone
- Reach out to someone in need

Being mentally healthy feels good. For more information, tips and inspiration visit: actbelongcommit.org.au