

WEEKLY PLANNER

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

What I'd like to achieve this week:

.....

.....

.....

.....



Mentally Healthy WA



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Act							
Belong							
Commit							

Act Do something.

Things like...

- Get out in nature and play outside
- Get creative, make some art
- Read a book
- Dance and sing
- Go for a walk

Belong Do something with someone.

Things like...

- Check out what's on in your local community
- Tackle a board game with someone in your family
- What interests you? See if you can find a local club or group to join

Commit Do something meaningful.

Things like...

- Learn or try something new
- Challenge yourself to reach a new goal, e.g., improve in your favourite sport
- Offer to help someone in your family

The highlight of my week was:

.....

.....

.....

Being mentally healthy feels good.

For more information, tips and inspiration visit actbelongcommit.org.au.