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# THOUGHT DOWNLOAD

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What are your current thoughts about the virus, or about the next 3 weeks?

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Two vertical dotted lines forming a narrow column for writing.

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Next to each thought note... Is this thought serving you? What is a thought you can play with instead?

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# WEEK AT-A-GLANCE

Week of:

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## MY MISSION FOR THE WEEK

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## WELLNESS OPPORTUNITIES

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## CHOICES FOR THE WEEK

*(WEATHER, FOOD,  
MONEY, HEALTH)*

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## I WANT TO FEEL

- 
- 
- 
- 
- 

MONDAY

TUESDAY

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## OBSTACLES

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## FAMILY OPPORTUNITIES

WEDNESDAY

- 
- 
- 
- 
- 

THURSDAY

FRIDAY

---

## THOUGHTS TO PLAY WITH

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## WORK AND LEARNING OPPORTUNITIES

SATURDAY

- 
- 
- 
- 
- 

SUNDAY

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## I WANT TO GIVE

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## INSPIRATION *(A QUOTE, 3 THINGS YOU ARE GRATEFUL FOR, AN AFFIRMATION...)*

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# MY MEALPLAN

**M** BREAKFAST

LUNCH

DINNER

**INGREDIENTS  
NEEDED**

**T** BREAKFAST

LUNCH

DINNER

**W** BREAKFAST

LUNCH

DINNER

**TH** BREAKFAST

LUNCH

DINNER

**F** BREAKFAST

LUNCH

DINNER

**SA** BREAKFAST

LUNCH

DINNER

**SU** BREAKFAST

LUNCH

DINNER

**WEEKLY** SNACKS

# OUR TIME

Week of:

## MONDAY

FOCUS

6:00 am

7:00

8:00

9:00

10:00

11:00

12:00 pm

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

10:00 pm

## TUESDAY

FOCUS

6:00 am

7:00

8:00

9:00

10:00

11:00

12:00 pm

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

10:00 pm

## WEDNESDAY

FOCUS

6:00 am

7:00

8:00

9:00

10:00

11:00

12:00 pm

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

10:00 pm

### HABITS



### HABITS



### HABITS



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**THURSDAY**

FOCUS

6:00 am

7:00

8:00

9:00

10:00

11:00

12:00 pm

1:00

2:00

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6:00

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10:00 pm

**HABITS****FRIDAY**

FOCUS

6:00 am

7:00

8:00

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12:00 pm

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9:00

10:00 pm

**HABITS****SATURDAY**

FOCUS

6:00 am

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11:00

12:00 pm

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10:00 pm

**HABITS****SUNDAY**

FOCUS

6:00 am

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11:00

12:00 pm

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6:00

7:00

8:00

9:00

10:00 pm

**HABITS**

# TODAY

M / T / W / TH / F / SA / SU DATE:

MORNING GRATITUDE

TAKE CARE OF MYSELF

3 TASKS THAT REFLECT  
MY OPPORTUNITIES

MANAGE MY MINDSET

MOVE HOUSEHOLD  
FORWARD

CONNECT WITH THOSE  
I LOVE

MAGIC MOMENTS

6:00 am

7:00

8:00

9:00

10:00

11:00

12:00 pm

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

10:00 pm

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# NOTES

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FLOW

Food: How to plan when shelves are empty and we are trying to stay healthy

Lifestyle: Home and relationships

Om: Mindset in a strange time

Work: Working from home and homeschooling in the weeks ahead

circumstances » thoughts » feelings » actions » results

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# POSSIBILITIES LIST

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SELF-CARE + WELLNESS POSSIBILITIES

LEARNING POSSIBILITIES

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HOME POSSIBILITIES

FOOD POSSIBILITIES

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WORK POSSIBILITIES

FAMILY POSSIBILITIES

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CONNECTING POSSIBILITIES

"BORED" POSSIBILITIES

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