



Lockdown Planner

Day of the Week:

Self Care

x Drink water 

x Kindness text

x. Make the bed

x Done a 5 min tidy

x Exercise/meditation



x Family/friend face time

x 15 mins hobby time

x 15 mins read a mag/book

x Write 3 things in your gratitude journal

x One thing just for you

x Today i will cook.....

Stay home and.....

Morning

Afternoon

Evening

Before Bed

Include preparing
for tomorrow

Goals

Tomorrow will be
fab because

I would like to.....

To Do List

Priorities.....

Maybes:

Positive Mindset

A memory from today

Today I am grateful for....

Positive Quotation!

