



rough week workbook



Hello!

Writing often helps to keep track of things, especially when life gets challenging.

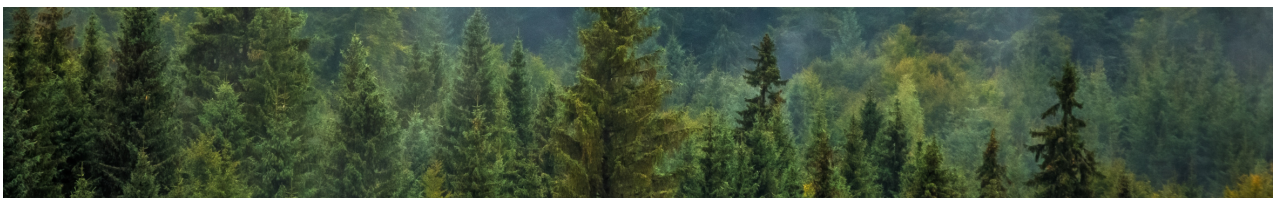
I thought that maybe you find this workbook useful. to do just that. I hope it will also give you a bit of support and will serve as a reminder to take good care of the basics, like drinking water, eating, and noticing what is going well despite the chaos.

Feel free to print it and use it in any way you find appropriate.

Please keep in mind that what you will find on the following pages is just an inspiration - as every path arises while it is walked, the unexpected is always to be expected, and you may need to adjust as you go.

I wish you all the best!

Ania



WEEK OF _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

