## rough week workbook cwojdzinska.com

## 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		
T U E S D A Y		
WEDNESDAY		
THURSDAY		
FRIDAY		
САПИРРАУ		
S A T U R D A Y		
SUNDAY		

Notes:	

THIS FELT GOOD	WHAT DO I WANT TO DO TODAY?
	I MOVED MY BODY
	I ATE
	BREAKFAST
	SNACK
	LUNCH
	DINNER
NOTES	I DRANK

TUESDAY DATE:	

THIS FELT GOOD	WHAT DO I WANT TO DO TODAY?
	I MOVED MY BODY
	I ATE
	☐ BREAKFAST
	□ SNACK
	LUNCH
	DINNER
NOTES	I DRANK
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WEDNESDAY DATE:	
WEDNEODKI DKIE.	

THIS FELT GOOD	WHAT DO I WANT TO DO TODAY?
	I MOVED MY BODY
	IATE
	☐ BREAKFAST
	SNACK
	LUNCH
	DINNER
NOTES	I DRANK
	$\begin{array}{cccccccccccccccccccccccccccccccccccc$

THURSDAY DATE:	
IHUKSDAI DAIE.	

THIS FELT GOOD	WHAT DO I WANT TO DO TODAY
	I MOVED MY BODY
	I ATE
	BREAKFAST
	SNACK
	LUNCH
	DINNER
NOTES	I DRANK
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RIDAY DATE:
CIDMI DMIL.

THIS FELT GOOD	WHAT DO I WANT TO DO TODAY?
	I MOVED MY BODY
	I ATE
	BREAKFAST
	SNACK
	LUNCH
	DINNER
NOTES	I DRANK
	$\begin{array}{cccccccccccccccccccccccccccccccccccc$

SATURDAY DATE:
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THIS FELT GOOD	WHAT DO I WANT TO DO TODAY?
	I MOVED MY BODY
	I ATE
	BREAKFAST
	SNACK
	LUNCH
	DINNER
NOTES	I DRANK
	$\begin{array}{cccccccccccccccccccccccccccccccccccc$

SUNDAY	DATE:	

THIS FELT GOOD	WHAT DO I WANT TO DO TODAY?
	I MOVED MY BODY
	I ATE
	BREAKFAST
	SNACK
	LUNCH
	DINNER
NOTES	I DRANK
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