

MY DAILY ACTION PLANNER:



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

“You may not be able to control any situation and its outcome, but you can control your attitude and how you deal with it”

1 Plan your days. Set small steps towards your goal.

2 Wash your hands. Smile to them for what they do for you!

3 What are you grateful for in this moment and why? Write them down.

4 Eat well and healthy and drink plenty of water.

5 It's easy to move & stretch indoors. You are blessed to have a home.

6 Pray for those who are most needy and those saving lives.

7 Be the kindest in where you are and in your response.

8 Have a tech free day and have old games with the family. Turn off the media.

9 Breathe. Take deep and slow breath and smile to your heart as you do that.

10 Look for a free course online for your personal growth.

11 Stay in touch with your family by phone or video conferencing.

12 Play a game you enjoyed when you were a child.

13 Talk to someone if you are feeling alone or share your feelings.

14 See the good in other and see what you can learn.

15 Say Hi to your neighbor over the fence by keeping safe distance.

16 Be generous with your time and money and help a charity.

17 Smile and make your smile viral brightening someone's day

18 Cook something new that you never tried before.

19 If breath is life, movement is living. Keep the exercise!

20 Thank someone you are grateful for and tell them why.

21 Find positive stories in the news and share these with others.

22 Connect with nature. Breathe and notice life continuing.

23 Read the books you never had time to read before.

24 Put your worries into perspective and try to let them go

25 Hold an online surprise party. Get those creative juice working.

26 Enjoy some good sleeping hours. Have some self-compassion.

27 Keep the kindness and increase it. Make kindness viral

28 If you are healthy, help the elderly and the vulnerable.

29 Do some arts and craft that you can be proud of.

30 Remember this is temporary use your time wisely!

The only reason you may leave home:

- ✓ To go to work if you are a key worker.
- ✓ To shop for groceries, essential and medicine when needed.
- ✓ To exercise outside (once a day).
- ✓ To provide care or help to the vulnerable.
- ✓ Any medical need.