

PURPOSEFUL PLANNING

to start the week strong

SIT AND DO A COMPLETE BRAIN DUMP



This means writing down absolutely everything that is on your mind – whether it's things to do, things to buy, errands to run, events and activities, random thoughts and ideas or worries or anxieties.

SET REALISTIC GOALS YOU CAN ACHIEVE



Take into account your schedule for the week. Be realistic with how much time you actually have available. Break down your goals into smaller steps to focus on and prioritize what has to happen first.

DON'T FALL FOR THE MONDAY BLUES!



Improve your mindset about Mondays! Because the mindset you start your Monday with will most likely stay with you for the entire week. Ditch the Monday blues and adopt a more positive outlook!

FIND BALANCE WITH RESTING & RESETTING



This can look different for everyone! It is about finding a nice balance between getting some rest and also getting ready for the new week. Journaling, tidying up, meal prepping, family time, self-care, etc.