

Monday

○ FOCUS → SELF CARE

TAKE A BATH, EXFOLIATE, DO A FACE MASK.
DO SOMETHING THAT MAKES YOU FEEL RELAXED

Tuesday

○ FOCUS → DIGITAL DETOX

GIVE YOURSELF THE NIGHT OFF FROM ANY SCREEN TIME

Wednesday

○ FOCUS → CLEAN

TACKLE ONE JUNK DRAWER OR SHELF YOU KNOW
YOU'VE BEEN PUTTING OFF

Thursday

○ FOCUS → PURGE

TAKE A FEW MINUTES TO UNSUBSCRIBE FROM THOSE
UNWANTED EMAIL NEWSLETTERS THAT CLUTTER YOUR MIND

Friday

○ FOCUS → DONATE

GIVE AWAY 5 THINGS FROM YOUR CLOSET YOU
DON'T NEED ANYMORE

Saturday

○ FOCUS → HEALTH

MAKE A HEALTHY DINNER TONIGHT FROM SCRATCH

Sunday

○ FOCUS → ENERGIZE

TAKE A 20 MINUTE WALK, GET SOME FRESH AIR
AND REFLECT ON THE POSITIVES FROM YOUR WEEK