

CONSCIOUS WEEKLY PLANNER

Date:

My conscious intention for this week:

7 most important things to do this week:



Self-care commitments:

What to read or study:

Days I'll ground in nature:

One step toward a long-term dream:

The days I'll work-out on:

One thing I don't want to do but will:

Relationships I will nurture:

Play time (what & when):

One thing I will say “no” to:

Creative expression time (what & when):

Noteable events

Monday:

Tuesday:

Wednesday:



Friday:

Saturday:

Sunday: