



WEEKLY PLAN

Enhancing Happiness requires regular practice of doing simple things. Often the hardest part is getting started and remembering to practice these principles regularly. Using the Weekly Plan and Daily Reminder provided by MindsPlus can assist you develop happiness habits.

Using the table below, write down at least one thing you can do for all or any of the relevant life areas. Be clear and specific! **What you are going to do? How will you do it? When will you do it?**

When you have done it, tick it off and/or reward yourself if appropriate.

To improve areas of my life that are important to me, this week I will:

Area of my Life	What I am going to do, how and when	✓
Intimate Relationships		
Friends and Family		
Physical Health		
Mental Health		
Leisure		
Work/Education		
Spirituality		
Other...		
Other...		
Other...		

For more information and support to achieve your goals and enhance your happiness please contact:

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