

My Balanced Weekly Routine

TRAIN TO LEARN EFFECTIVELY: TIP SHEETS

Use this worksheet to plan a week for yourself in which every day you have a balance of things that give a sense of achievement, things that promote closeness and connection and things that give you pleasure and stimulation. We know that a balance between these things helps manage anxiety, give us a sense of control, and instill some of the confidence that comes with meeting goals.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sense of Achievement							
Closeness and Connection							
Pleasure and Stimulation							