

# Things to Do at the Start of the Week

## That Make a Difference

..... Ordinary & Happy .....

<p><b>1</b></p> <p>Choose 1-3 big goals to focus on this week.</p>	<p><b>2</b></p> <p>Make a list of people you want to reach out to.</p>	<p><b>3</b></p> <p>Review your calendar and make sure you haven't missed scheduling important events.</p>
<p><b>4</b></p> <p>Do one simple task you've been putting off to give you the energy to overcome the other tasks you've been putting off.</p>	<p><b>5</b></p> <p>Tidy your work desk so that it's easier to keep it clean throughout the week.</p>	<p><b>6</b></p> <p>Schedule at least one fun activity that you'll enjoy so that it keeps you motivated.</p>
<p><b>7</b></p> <p>Write down 5 things you're grateful for and display them somewhere you can glance at them throughout the week.</p>	<p><b>8</b></p> <p>Meal plan or meal prep for the week, particularly for the busiest weeknights.</p>	<p><b>9</b></p> <p>Make a playlist of feel-good, motivating songs to play throughout the week.</p>