

Things To Do to Bring Calm to Your Week



..... Ordinary & Happy

Take 15 minutes to make a plan at the start of the week.

Write in a gratitude journal every day.

Have a short morning routine that sets a positive tone for the day.

Tidy the space you spend the most time in.

Have a no-screen hour every day if you can.

Schedule something for the weekend to look forward to.

Prioritize quality time with friends and family.

Celebrate your small wins.

Mute non-essential notifications.

Get at least 15 minutes of sunlight outside.

Consider your self-care (e.g., proper sleep, exercise, hydration).

Look for joy in the simple ordinary things.