

WELLNESS

Getting sh*t done can be super difficult when you have a bunch on your mind and don't know where to start. Use this Arc Wellness planner to help you find your priorities and remind yourself that you can't be productive 24/7. Take some time this week to put your wellbeing first and look after yourself (especially when you're tempted to put it on the backburner)!

1. Set a timer for 5 minutes and scribble down everything on your mind at the moment.



2. Let's make sense of your brain dump. Set another timer for 5 minutes to categorise your thoughts.

**WORK/
EXTRACURRICULARS**

STUDY

LIFE

3. From your categorised to-do list, pick 3 things to complete this week.

1.

2.

3.

4. When can you make these things happen? Along with your priorities, we challenge you to do something for **YOU** every day. Not something that you have to do, but something that you love, will help you recharge, or just a little bit of fun!

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning 							
Midday 							
Afternoon 							
Night 							