

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week Wellness Planner

Record the practices, rituals, and rhythms from your wellness visions to create daily intentions.

3 Month Forward-Looking Plans

Use this monthly planner to record steps/goals per month to the following questions:

- Is there anything that I need to do so that I can more easily fulfill my daily or week wellness plans?
- How can I better receive and integrate support from my support temperature reflection?
- Is there anything new that you want to try or integrate into your daily/weekly wellness plan?

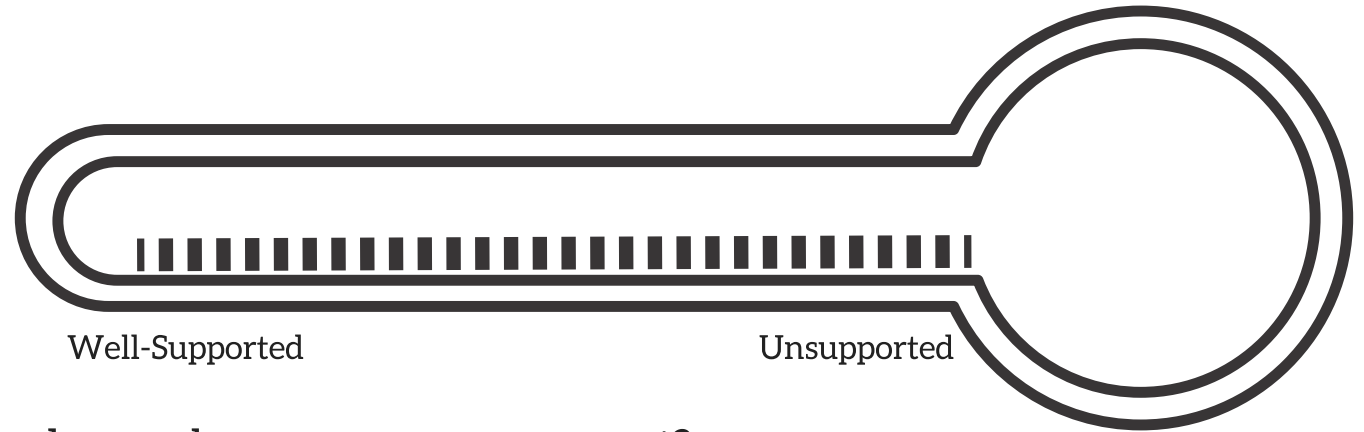
MONTH 1: _____

MONTH 2: _____

MONTH 3: _____

Support Temperature

Use the thermometer to indicate how supported you feel in your life.



Where do I receive support and can ask or access more support?

Who in my life who may have enough capacity can support me?

Where have I been offered support but not accepted?

Who may know of resources that can further support me?

How can I further support myself?

My Compassionate Accountability Guide

Reflect and answer the questions in this guide. Then, integrate your answers into your week and 3-month wellness plans.

What will help me get back on track, when I do not follow through, adjust, or neglect my on my wellness plan?

Which systems have I generated for my self-accountability?

How will my support community know that I have not followed through, have not adjusted, or have neglected my wellness plan?

What are needs that I need my support community to honor when holding me accountable?