AUGUST 2020

QUARTER:	WEEK:	DAY:

Staff Wellbeing Keystone Habits – *doing comes before becoming*
Optimism: What are you looking forward to most this week?
Wellbeing Reality: Other people matter. The best way to enhance your own wellbeing, is to do something kind from your heart to build other peoples' wellbeing. It takes courage to be kind because others may not choose to accept your kindness. How did you feel to be actively on the lookout for opportunities to be kind to others?
Booster: *Song strengths* - Listen to three of your favorite songs and for each of them journal three strengths you can see being implied in the words.
Gratitude: What went well that you are grateful for this week?

PRIORITIES / MEETINGS	DONE ✓

Try ginger, it is very good for colds and flu.

PREPARATION AND FOLLOW-UP:

17 MONDAY	18 TUESDAY	19 WEDNESDAY

"Never cut what you can untie." Joseph Joubert

AUGUST 2020	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

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AUGUST 2020

THIS WEEK
HOW DID YOU FEEL THIS WEEK?
WHAT WENT WELL THIS WEEK?

PRIORITIES / MEETINGS	DONE ✓

Check expiry dates in your medical cabinet every six months.

PREPARATION AND FOLLOW-UP:

20 THURSDAY	21 FRIDAY	NOTES

22 SATURDAY

23 SUNDAY

"Patience is a bitter plant, but it has sweet fruit." Proverb

SEPTEMBER 2020	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30