

Mini Weekly Calendar

for Coach Jo

	♡ Mood	✧ Energy Level	✧ Self-Care Action
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SUNDAY			

How to Use This Calendar

Each day, check your mood and energy level, then add a self-care action that will nurture and support you. Use the notes section to reflect on any wins, needs, or shifts you have throughout the week.