

Today's plan

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

Today's goals

1.

2.

3.

4.

5.

Things to do

Notes

Five a day

Connect

Be active

Take notice

Keep learning

Give

Three positives

1.

2.

3.

Water tracker



The Charlie Waller Memorial Trust
Depression - let's get talking

www.cwmt.org.uk Charity No. 1109984

This daily planner is from **Working from home: Your Wellbeing Action Plan** by the Charlie Waller Memorial Trust, a practical resource with tips on looking after your mental wellbeing and sections for you to complete. Download the full plan from cwmt.org.uk/working-from-home.