Weekly Wellness Checklist

(Insert your own in the blank spaces)

- [ ] **Spent quality time with loved ones**
- [ ] **Achieved my exercise goals**
- [ ] **Maintained a good sleep routine**
- [ ] **Maintained a growth/positive mindset**
- [ ] **Managed my stress/anxiety/depression**
- [ ] **Spent time doing something I love**
- [ ] **Ate well**
- [ ] **Learned something new**
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