

# Weekly Flourishing Plan

To **flourish** requires nothing more than practising a few simple disciplines **daily**. It's the little things that matter in life & as you focus on these, while considering your strengths, benefits will accumulate & you'll reap the rewards of good health, happiness & success.

This template will help you focus & plan, each & every week, on what you can do **proactively** to make your life better. Set aside time every weekend to fill out the sections below & then schedule time to complete whatever you need to do in the coming week.

What's one thing you can do this week to improve in any or all of these areas of your life? Specify exactly how & when you're going to do it. When you've completed the task, remember to give yourself a big tick. This is about the little things in life. No need to make sweeping statements or huge changes. Small achievements bring **BIG** rewards.

Pleasure/Fun/Happiness:
Engagement/Flow/Challenge:
Relationships (partner/family/friends/colleagues/neighbours):
Meaningfulness/Purpose:
Accomplishment:
Physical Health (movement/nutrition):
Recreation/Rest & Recovery (sleep/mindfulness):
Personal Growth/Professional Life (growth mindset/optimism):
<b>OTHER:</b>