

SELF-CARE PLANNER

Build in rhythm to your week with our suggested planner and checklist. Aim to tick off one item per day then build this up over time.

<p>MINDFUL MONDAYS</p> <p>Start your week well</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Have some 'You' time <input type="checkbox"/> Watch Camille Vidal's top tips and try to implement at least one <input type="checkbox"/> Create a weekly To-Do list for any chores or tasks for the week 	<p>GEEKY FRIDAYS</p> <p>Stimulate your mind by testing and improving your bartending knowledge</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Complete a quiz of your choice <input type="checkbox"/> Complete an e-learning course of your choice <input type="checkbox"/> Create your own quiz on Instagram and challenge your bartender friends
<p>CHALLENGE TUESDAYS</p> <p>Practice a skill or try making a new serve</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Smoke a cocktail like a pro <input type="checkbox"/> Have a go at making new recipes <input type="checkbox"/> Create a new cocktail serve of your own and share it with us using @diageobarac or @DiageoBarAc 	<p>SATISFYING SATURDAYS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Share a cocktail recipe you have mastered with friends <input type="checkbox"/> Do a bar kit clean <input type="checkbox"/> Complete that admin task that's been on your list for a while
<p>WORKOUT WEDNESDAYS</p> <p>Build in movement to your week</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Try one of Camille's fantastic stretches <input type="checkbox"/> Listen in on tips for running and exercise on How to Look After Yourself <input type="checkbox"/> Try yoga, pilates or a home workout circuit 	<p>CHILLED SUNDAYS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Enjoy a well-deserved day to properly relax <input type="checkbox"/> Read a book <input type="checkbox"/> Pour a bath and listen to your favourite playlist or podcast
<p>WHAT ARE MY GOALS FOR NEXT WEEK</p>			
<p>WHAT AM I THANKFUL FOR RIGHT NOW?</p>			
<p>WHAT AM I MOST PROUD OF THIS WEEK?</p>			
<p>WHAT IS MY TOP GOAL FOR NEXT WEEK?</p>			
<p>Don't put too much pressure on yourself to complete every challenge above – just try what you can (you can always build up over time).</p>			