

# 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><b>MINDFUL MONDAYS</b></p> <p>Start your week well</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have some 'You' time</li> <li><input type="checkbox"/> Watch <a href="#">Camille Vidal's wellbeing top tips</a> and try to implement at least one</li> <li><input type="checkbox"/> Create a weekly To-Do list for any chores or tasks for the week</li> </ul>	<p><b>GEEKY FRIDAYS</b></p> <p>Stimulate your mind by testing and improving your bartending knowledge</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a <a href="#">quiz</a> of your choice</li> <li><input type="checkbox"/> Watch an <a href="#">exclusive webinar</a></li> <li><input type="checkbox"/> Create your own quiz on Instagram and challenge your bartender friends</li> </ul>
<p><b>CHALLENGE TUESDAYS</b></p> <p>Practice a skill or try making a new serve</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Smoke a cocktail</a> like a pro</li> <li><input type="checkbox"/> Have a go at making new <a href="#">recipes</a></li> <li><input type="checkbox"/> Create a new cocktail serve of your own and share it with us using @diageobarac or @DiageoBarAc</li> </ul>	<p><b>SATISFYING SATURDAYS</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Enjoy a virtual dinner with friends</li> <li><input type="checkbox"/> Cook the perfect dinner to go with your favourite <a href="#">cocktail</a></li> <li><input type="checkbox"/> Spice up your knowledge by tuning into the <a href="#">'Spirits and Food'</a> webinar</li> </ul>
<p><b>WORKOUT WEDNESDAYS</b></p> <p>Build in movement to your week</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Try one of Camille's fantastic <a href="#">stretches</a></li> <li><input type="checkbox"/> Listen in on tips for running and exercise on <a href="#">How to Look After Yourself</a></li> <li><input type="checkbox"/> Try yoga, pilates or a home workout circuit</li> </ul>	<p><b>CHILLED SUNDAYS</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Enjoy a well-deserved day to properly relax</li> <li><input type="checkbox"/> Read a book</li> <li><input type="checkbox"/> Pour a bath and listen to your favourite playlist or <a href="#">podcast</a></li> </ul>
<p><b>COMMUNITY THURSDAY</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stay connected with friends and family over the phone or on video calls</li> <li><input type="checkbox"/> Play a boardgame with family members or friends online</li> <li><input type="checkbox"/> Keep connected by tuning into <a href="#">Bar Stories</a> or <a href="#">Webinars</a></li> </ul>	<p><b>WHAT ARE MY GOALS FOR NEXT WEEK</b></p>	
<p><b>WHAT AM I THANKFUL FOR RIGHT NOW?</b></p>		<p><b>WHAT AM I MOST PROUD OF THIS WEEK?</b></p>	
<p><b>WHAT IS MY TOP GOAL FOR NEXT WEEK?</b></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>	