

WEEKLY PLANNER

MENTALLY HEALTHY HABITS



WA Mental Health Week 2026

mentalhealthweek.org.au

WA Association for Mental Health

MONDAY:

I will make time for...

TUESDAY:

I'm proud of...

WEDNESDAY:

I will enjoy...

THURSDAY:

I noticed...

FRIDAY:

I'm grateful for...

SATURDAY:

I'm excited for...

SUNDAY:

I deserve to...