

# Battle Plan

DATE:



## Motivation Monday

Use our 3 day weekly planner and reflection diary, to help you overcome the daily struggles that come with being on Artificial Nutrition

**Creating the structured three-day battle plan can significantly enhance motivation and well-being for those on artificial nutrition.**

**Motivation Monday sets the tone for the week ahead, focusing on finding inspiration and setting achievable goals. Begin the day with positive affirmations and motivational quotes. Outline small, manageable tasks to create a sense of accomplishment.**

**Well-being Wednesday shifts the focus to self-care, encouraging activities that nourish the mind and body beyond medical routines. Engage in hobbies, practice mindfulness or meditation, and connect with loved ones to uplift your spirits.**

**Fly High Friday invites you to embrace nature and the outdoors, whether it's a gentle walk, time in the garden, or simply sitting outside. This day is about rejuvenation and enjoying the beauty of the natural world. Together, these themed days provide a balanced approach to maintaining motivation and well-being throughout the week.**



NOTES/REFLECTION

TODAY'S GOALS & TASKS

BE A WARRIOR THIS WEEK!

WHAT'S MY MOTIVATION?

WHAT WILL MAKE YOU SMILE TODAY?

EMOTIONAL CHECK-IN

HOW YOU ARE FEELING TODAY? AND WHY?

NOTES/REFLECTION

# Well-Being Wednesday

# Fly High Friday

## TODAY'S WELL-BEING TASKS

LET'S FOCUS ON OURSELVES.

## HAPPY NOTE

WRITE A KIND MESSAGE TO YOURSELF.

## EMOTIONAL CHECK-IN

HOW YOU ARE FEELING TODAY? AND WHY?

## NOTES/REFLECTION

## WEEKEND GOALS & TASKS

LAUNCH INTO A POSITIVE WEEKEND!

## YOUR CHALLENGE

SMALL OR BIG. YOU'RE STILL WARRIOR.

## EMOTIONAL CHECK-IN

HOW YOU ARE FEELING TODAY? AND WHY?

## NOTES/REFLECTION