



*Amanda Rocheleau Counselling and Consulting*  
*Registered Social Worker \* Compassion Fatigue Specialist*

**Wellness Plan**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Wake up</b>							
<b>Morning</b>							
<b>Mid Day</b>							
<b>Afternoon</b>							
<b>Evening</b>							
<b>Bedtime</b>							