

The STEW Project's

# PANDA CHECKLIST

Use this checklist to plan out your week and not lose track of your goals.

## P- PRAISE

HOW WILL YOU CELEBRATE  
YOUR WINS THIS WEEK?

## A- AFFIRMATIONS

WHAT QUOTES OR SCRIPTURES WILL  
KEEP YOU FROM SETTLING IN  
DOUBT?

## N- NUTRITION

WHAT'S ON THE MENU FOR THIS  
WEEK?

## D-DEFENSE

OBSTACLES COME UP, WRITE YOUR  
IF/WHEN...THEN STATEMENTS TO HELP  
YOU ROLL WITH THE PUNCHES AND STICK  
TO YOUR GOAL

## A-ACTIVITIES

WHAT WILL YOUR EXERCISE SCHEDULE BE FOR THE WEEK?

WHEN, WHERE AND HOW WILL YOU GET YOUR SELF-CARE IN THIS WEEK?

WHAT WILL YOU DO TO FEED YOUR SPIRIT THIS WEEK?

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