

**Start a
conversation
using these
4 steps**



Ask R U OK?



Listen



**Encourage
action**



Check in

Weekly planner

Week dates:

| | | | | |
|--------------------|--|--|--|--|
| Monday _____ | | | | |
| Tuesday _____ | | | | |
| Wednesday _____ | | | | |
| Thursday _____ | | | | |
| Friday _____ | | | | |
| Saturday _____ | | | | |
| Sunday _____ | | | | |

Notes: