

# Today...

THE DATE IS...

IS GOING TO BE A GOOD DAY BECAUSE...

## MY GENERAL SCHEDULE FOR TODAY

5.00am

5.30am

6.00am

6.30am

7.00am

7.30am

8.00am

8.30am

9.00am

9.30am

10.00am

10.30am

11.00am

11.30am

12.00pm

12.30pm

1.00pm

1.30pm

2.00pm

2.30pm

3.00pm

3.30pm

4.00pm

4.30pm

5.00pm

5.30pm

6.00pm

6.30pm

7.00pm

7.30pm

8.00pm

8.30pm

9.00pm

9.30pm

10.00pm

## NOTES

## TODAY'S MOST IMPORTANT THINGS...

1

2

3

## I HAVE MADE TIME FOR THE THINGS THAT ARE IMPORTANT TO ME...

ME TIME / EXERCISE / FRIENDS + FAMILY / MEDITATION

## HABITS, ROUTINES + RITUALS...

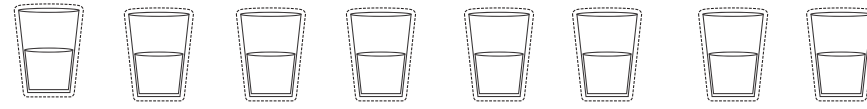
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## I AM KEEPING HYDRATED...



## I AM EATING AS HEALTHILY AS POSSIBLE...

Breakfast

Lunch

Dinner

## DAILY REFLECTION

I ACHIEVED...

I AM GRATEFUL FOR...

THINGS THAT MADE ME HAPPY...

