

MY DAY TODAY

M T W T F S S

DATE: _____

TODAY'S AFFIRMATION

I got this!

I'M THANKFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____

TODAY'S GOALS

- 1 _____
- 2 _____
- 3 _____

TOP PRIORITIES

- 1 _____
- 2 _____
- 3 _____

MEALS

BREAKFAST

LUNCH

DINNER

SNACKS

WATER



TO-DO LIST @ HOME

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TO-DO LIST @ WORK

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TOMORROW'S GOALS

- 1 _____
- 2 _____
- 3 _____