

# DAILY PLANNER

DATE:

## TODAY'S AFFIRMATION

## TOP 3 TASKS

## HOW I'M FEELING TODAY

## GROUNDING ACTIVITIES

MORNING

NOON

EVENING

## NOTES

# WEEKLY MINI CHALLENGES

Keep your phone on silent or do not disturb mode for 4 hours a day.



Sleep with your phone in a room other than your bedroom.



Practice deep breathing once a day.



Write or mail a thank you card to someone each day.



Get a puzzle book and complete one each day.



Go outside and sit in the sun for 10 minutes each day.



Sit in a quiet spot, let your mind wander and do nothing for 15 minutes each day.



# POSITIVE THOUGHTS

NEGATIVE THOUGHT	→	POSITIVE THOUGHT
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NEGATIVE THOUGHT	→	POSITIVE THOUGHT
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NEGATIVE THOUGHT	→	POSITIVE THOUGHT
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# DAILY SELF CARE

DATE:

## MOTIVATION METER



TODAY I'M THANKFUL FOR....

ONE THING THAT MADE ME SMILE

MY PROUDEST ACHIEVEMENT

## THINGS I DID MYSELF TODAY



## THOUGHT OF THE DAY

## NOTES TO SELF

# GRATITUDE

DATE

I AM GRATEFUL FOR

MON	
THU	
WED	
THU	
FRI	
SAT	
SUN	

WHAT I LOVED THE MOST THIS WEEK

## NOTES

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.