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.







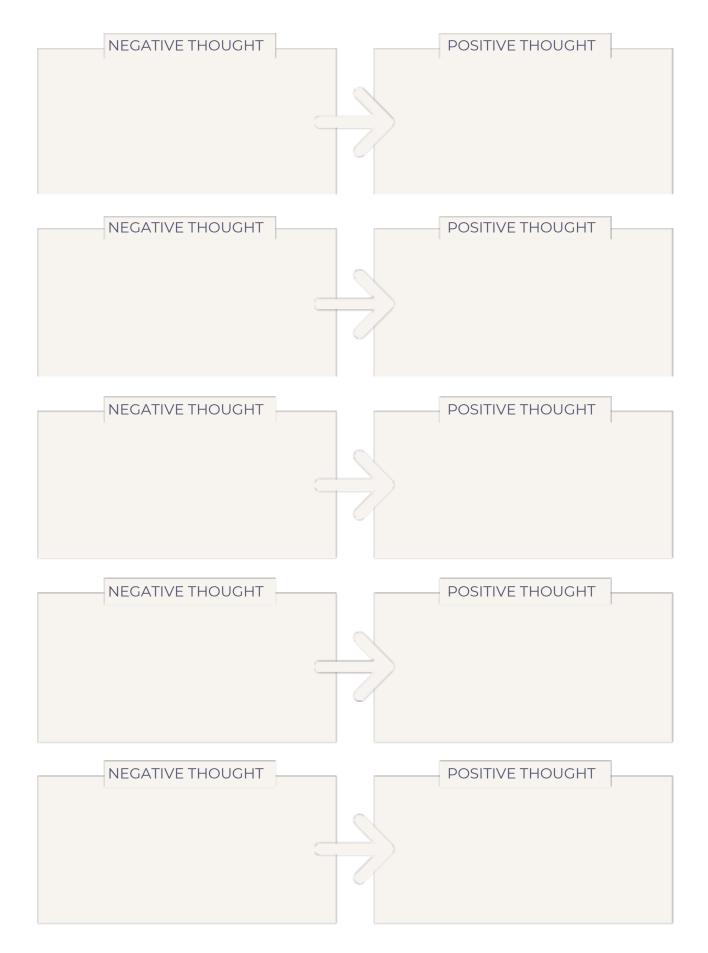








POSITIVE THOUGHTS



DAILY SELF CARE

DATE:

MOTIVATION METER	THINGS I DID MYSELF TODAY
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TODAY I'M THANKFUL FOR	
	THOUGHT OF THE DAY
ONE THING THAT MADE ME SMILE	
MY PROUDEST ACHIEVEMENT	NOTES TO SELF

GRATITUDE

DATE	I AM GRATEFUL FOR
MON	
THU	
WED	
THU	
FRI	
SAT	
SUN	
	WHAT I LOVED THE MOST THIS WEEK

NOTES

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