



Today's Date:






My intention:

Grateful for:

What matters most to get done today:

- _____
- _____
- _____
- _____
- _____

Reminders:

-  _____
-  _____
-  _____
-  _____
-  _____

What's Scheduled:

- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

Self-Care:

(Include a fun or happily engaging thing. You're looking for good fuel for your body & mind.)

- _____
- _____
- _____