

DAILY ROUTINE PLANNER

HAVING A REGULAR DAILY ROUTINE IS ONE WAY THAT YOU CAN TAKE CONTROL OF YOUR DAY. THIS CAN HELP TO CALM YOU AND SUPPORT YOU TO KEEP YOURSELF GROUNDED DURING TIMES OF STRESS.

DATE:

MY INTENTION FOR TODAY:

TODAY I AM GRATEFUL FOR:

MY POSITIVE AFFIRMATION FOR TODAY:

MY DAILY ROUTINE:

TODAY I WILL CATCH UP WITH:

TOP 5 TO-DO LIST:

MY DAILY ROUTINE:

SELF DEVELOPMENT:

READ:

PODCAST/WEBINAR:

JOURNAL:

MEDITATE:

CREATE:

MY DAILY ROUTINE:

MY SELF-CARE:

TODAY'S 2 POSITIVE HABITS:

MEALS:

BREAKFAST:

TIME:

LUNCH:

TIME:

DINNER:

TIME:

SNACKS:

WATER:



MY DAILY ROUTINE:

NIGHT TIME REVIEW:

SOMETHING GREAT THAT HAPPENED TODAY:

TODAY I FELT:

HOW COULD I HAVE MADE TODAY BETTER?