

PLANNING MY TIME FOR A HIGHLY SUCCESSFUL DAY

DATE:

MY ATTITUDE FOR TODAY:

A word or phrase that reflects HOW I want to BE today eg relaxed, intentional, focused



MY SELF-CARE FOCUS FOR TODAY:

An action or strategy eg go to bed early, take a lunch break, say 'no' more often



TODAY'S GOALS:

- 1.
- 2.
- 3.



ACTIVITIES FOR THIS MORNING:

ACTIVITIES FOR THIS AFTERNOON:

ACTIVITIES FOR THIS EVENING:

MY TO-DO LIST FOR ANOTHER DAY

