

Today is _____.

I AM _____.

Intention of the Day:

Today's Schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	
10:00	

Top 3 For Me Today
Three tasks I will accomplish
today are:

1. _____
2. _____
3. _____

Energy Check-In

1 - out of gas
5 - dance party central

Morning Wake Up

1 2 3 4 5

Mid Morning

1 2 3 4 5

Afternoon

1 2 3 4 5

Evening

1 2 3 4 5

One Celebration From Today:

Brain Dump Zone