

Design My Beautiful Day - Planner



Today's goals

- 1
- 2
- 3

Just for me...

My exercise

What I'm grateful for today...

WATER

Meditation
5 mins / 10 mins / 15 mins / 20+ mins

My energy
Blah... 1 2 3 4 5 6 7 8 9 10 Exploding!

DO NOT FORGET!!!
(INTUITION TASK)

Check when completed

My frog

Have you eaten it?

Self appreciation

I'm beautiful because...

Have you said "I love you" in the mirror?

Tonight's dinner is

I got out in nature today

My to-do list

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

I have \$\$ in the bank

Now send that money some love!

Completed schedule in diary

My weekly emotions & energy levels



Mon
WAKE UP
START OF WORK
AFTER LUNCH
END OF WORK
BED TIME

Tue
WAKE UP
START OF WORK
AFTER LUNCH
END OF WORK
BED TIME

Wed
WAKE UP
START OF WORK
AFTER LUNCH
END OF WORK
BED TIME

Thu
WAKE UP
START OF WORK
AFTER LUNCH
END OF WORK
BED TIME

Fri
WAKE UP
START OF WORK
AFTER LUNCH
END OF WORK
BED TIME

Sat
WAKE UP
AFTER LUNCH
BED TIME

Sun
WAKE UP
AFTER LUNCH
BED TIME

Notes

My energy
Note your emotions and energy levels during the week; when you wake up, at the start of your work day, after lunch, at the end of the day and at bed time.
TIP: set an alarm for the week to remember to track this.

I most often felt

I felt my best

I felt my worst