

DAILY PLANNER



TODAY IS

/ /

WEATHER



TODAY I'M EXCITED ABOUT

TODAY I AM GRATEFUL FOR

THREE MAIN GOALS

BREAKFAST

LUNCH

DINNER

WATER

1	2	3	4	5
6	7	8	9	10

TO DO LIST

Exercise

Guilt Free Relaxation

Meditation

MY REWARD

NOTES / DOODLES

HAPPY SCALE



TODAY'S HAPPY MOMENT

TODAY'S LESSON