

DAILY PLANNER



TODAY IS

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WEATHER



TODAY I'M EXCITED ABOUT

TODAY I AM GRATEFUL FOR

THREE MAIN GOALS

TO DO LIST

BREAKFAST

LUNCH

DINNER

WATER

1	2	3	4	5
6	7	8	9	10

- ☐ Exercise
- ☐ Guilt Free Relaxation
- ☐ Meditation

MY REWARD

NOTES / DOODLES

HAPPY SCALE



TODAY'S HAPPY MOMENT

TODAY'S LESSON