

DAY: M T W T F S S

DATE:

FOCUS								DAILY PLANNER							
Morning ritual: Quality to cultivate: Main project/goal:															
GOALS TASKS NOTES															
1								6							
2								7							
3								8							
0								9							
0								10							
0								11							
0								12							
0								13							
0								14							
0								15							
0								16							
0								17							
0								18							
0								19							
0								20							
0								21							
0								22							
CHECK-IN								REFLECTION							
Gratitude 0 0 0 Habits 0 0 0 Mood 1 2 3 4 5 6 7 Energy 1 2 3 4 5 6 7 Body movement 1 2 3 4 5 6 7 Progress on goal 1 2 3 4 5 6 7								Wins and insights: Notes for tomorrow:							