

Daily Planner

Date _____

How am I feeling today?

☐ ☐ ☐ ☐ ☐
Not so good ←————→ Great

How is my energy today?

☐ ☐ ☐ ☐ ☐
Not so much ←————→ Plenty

Is there anything in particular I am feeling today?

Planning my day

- ☐ Add my non-negotiables
- ☐ Add my positive activities
- ☐ Add my most important task
- ☐ Add other tasks

Reflections on the day

Today's Schedule

08.00

10.00

12.00

14.00

16.00

18.00

20.00

22.00