daybook how-to

1

2 week's intention

3 weekly checklist
- ❑ plan week's MITs
- ❑ soak in the tub
- ❑ take a digital day off
- ❑ clear clutter
- ❑ pen a love note
- ❑ buy or pick fresh flowers
- ❑ take an artist date
- ❑ savor a green juice

4 MITs
- ❑
- ❑
- ❑

5 wellness planning
- M
- T
- W
- Th
- F
- S
- S

appointments

MONDAY	TUESDAY	WEDNESDAY
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

to-dos

projects

daily checklist 7

❑ morning routine	❑ journal	❑ morning routine	❑ journal	❑ morning routine	❑ journal
❑ daily dress-up	❑ goal review	❑ daily dress-up	❑ goal review	❑ daily dress-up	❑ goal review
❑ mindful movement	❑ gratitude	❑ mindful movement	❑ gratitude	❑ mindful movement	❑ gratitude
❑ eat your veggies	❑ evening routine	❑ eat your veggies	❑ evening routine	❑ eat your veggies	❑ evening routine

TRANQUILITY TIP: *Nourish your body with slices of apple and almond butter.* 6

appointments

THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

8

to-dos

9

projects

10

week's gratitude

11

daily checklist

❑ morning routine	❑ journal	❑ morning routine	❑ journal	❑ morning routine	❑ journal
❑ daily dress-up	❑ goal review	❑ daily dress-up	❑ goal review	❑ daily dress-up	❑ goal review
❑ mindful movement	❑ gratitude	❑ mindful movement	❑ gratitude	❑ mindful movement	❑ gratitude
❑ eat your veggies	❑ evening routine	❑ eat your veggies	❑ evening routine	❑ eat your veggies	❑ evening routine

You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not'? —George Bernard Shaw

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1. eye candy to inspire
2. insert week's date and/or intention
3. weekly tranquility tools
4. list week's 3 most important tasks
5. weekly meal plan
6. try this for tranquility
7. daily tranquility tools
8. list your day's appointments
9. list your day's to-dos
10. list your week's projects
11. jot down a thought of gratitude
12. inspiring quotes and journal prompts