

daybook how-to



appointments

MONDAY

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TUESDAY

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WEDNESDAY

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appointments

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FRIDAY

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SUNDAY

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to-dos

[illegible]

projects

[illegible]

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

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

to-dos

9

projects

10

daily checklist

☐ morning routine ☐ journal ☐ morning routine ☐ journal ☐ morning routine ☐ journal ☐ morning routine ☐ journal
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☐ mindful movement ☐ gratitude ☐ mindful movement ☐ gratitude ☐ mindful movement ☐ gratitude ☐ mindful movement ☐ gratitude
☐ eat your veggies ☐ evening routine ☐ 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

- 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