# Work From Home *daily planner*

Date: ___ / ____ / 2021

M T W T F S S

## MORNING CHECK IN

TODAY I AM FEELING...

Physically ..... ..... %

Nutritionally ..... ..... %

Mentally ..... ..... %

Energetically ..... ..... %

TODAY I AM GRATEFUL FOR...

1 .....

2 .....

3 .....

TOP 3 PRIORITIES

WORK

- ○ .....
- ○ .....
- ○ .....

PERSONAL

- ○ .....
- ○ .....
- ○ .....

THINGS I WILL DO TODAY TO LIFT MY ENERGY

- ○ .....
- ○ .....
- ○ .....

## TODAY'S SCHEDULE

| | WORK | PERSONAL |
|---|---|---|
| 5am | *good morning* | |
| 6am | | |
| 7am | | |
| 8am | | |
| 9am | | |
| 10am | | |
| 11am | | |
| 12noon | | |
| 1pm | | |
| 2pm | | |
| 3pm | | |
| 4pm | | |
| 5pm | | |
| 6pm | | |
| 7pm | | |
| 8pm | | |
| 9pm | | *good night* |

TO DO

## END OF DAY REFLECTION

Today I felt...

Today's best moment was...

I feel grateful for...

I can improve tomorrow by...

NOTES