

M T W T F S S DATE:

Brilliant Day

PLANNER

MY AFFIRMATION FOR TODAY IS:

TODAY I WILL...

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm

THE INTENTION(S) I AM FOCUSING ON IS:

MY MOST IMPORTANT ACTIONS TODAY ARE:

CALLS TO MAKE / EMAILS TO SEND:

THINGS TO REMEMBER:

TODAY I WILL TAKE CARE OF MYSELF BY:

HOW PRESENT WAS I TODAY? /10

HOW CAN I BE MORE PRESENT TO MY LIFE AND THE PEOPLE IN IT?

TODAY I AM GRATEFUL FOR:

WHAT DID I LEARN TODAY?

MY HEALTHY HABITS:

WATER (GLASSES) EXERCISE (MINS) SLEEP (HOURS)

THE BEST THING ABOUT MY DAY WAS:

WHEN YOU GET *more* OUT OF YOUR DAY, YOU GET MORE OUT OF YOUR *life*.