

M T W T F S S
O O O O O O O

DATE:

Brilliant Day PLANNER

MY AFFIRMATION FOR TODAY IS:

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:

TODAY I AM GRATEFUL FOR:

MY HEALTHY HABITS:

WATER (GLASSES)

EXERCISE (MINS)

SLEEP (HOURS)

TODAY I WILL ...

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

HOW PRESENT WAS I TODAY? /10

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

WHAT DID I LEARN TODAY?

THE BEST THING ABOUT MY DAY WAS:

WANT TO GET EVEN MORE OUT OF LIFE?

DISCOVER MY 3 STEP FORMULA TO GET EVERYTHING YOU REALLY WANT.

SIGN UP FOR MY FREE TRAINING TODAY!

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