

Daily Planner

DATE:

TODAY'S MANTRA / GOAL

How are you going to thrive today?

TODAY'S MEETINGS & MUST TO'S

TOP PRIORITIES TODAY / THIS WEEK

Me
Time

Power
Hours

08:00AM _____
09:00AM _____
10:00AM _____
11:00AM _____
12:00PM _____

EAT, NOURISH, STRETCH

PERSONAL REMINDERS

01:00PM _____
02:00PM _____
03:00PM _____
04:00PM _____
05:00PM _____
06:00PM _____

TAKE 5 MINS TO PREP FOR TOMORROW

07:00PM _____

YOU ROCKED IT!

Pro-tip: breakup your schedule into power blocks and pay attention to when you're most productive.

TAKEAWAYS TO ROCK THE REST OF THE WEEK