

# My Daily Planner

MY INTENTION (VALUE) FOR TODAY:

## PRODUCTIVITY

### PRIORITY TASKS FOR TODAY

7am

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8am

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9am

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10am

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11am

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12pm

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1pm

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2pm

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3pm

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4pm

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5pm

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6pm

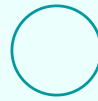
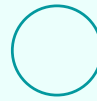
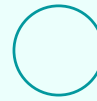
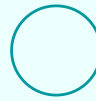
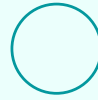
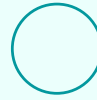
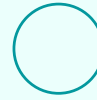
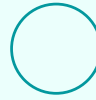
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7pm

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## SELF-CARE

### WATER



### SOCIAL



### PHYSICAL



### RESTORATIVE



### WHAT I AM GRATEFUL FOR



## MY INTENTION (VALUE) FOR TODAY:

What's most important to you that you connect with today? What will bring you meaning/fulfilment?  
e.g., Organisation; Self-care; Health; Helping others; Patience; Discipline; Calm; Connecting with others....

## PRODUCTIVITY

### PRIORITY TASKS FOR TODAY

- 1-3 small but important tasks that you want to get ticked off today - e.g., Book the online shop; Pay a bill; Send a birthday message; clean a room...

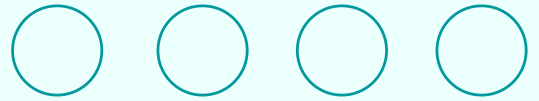
- The time-slots below are to time-block key activities for your day - Be that sport; career/education; house-hold; or self-care activities. Remember to make time for breaks!

7am	<input type="checkbox"/>	_____
8am	<input type="checkbox"/>	_____
9am	<input type="checkbox"/>	_____
10am	<input type="checkbox"/>	_____
11am	<input type="checkbox"/>	_____
12pm	<input type="checkbox"/>	_____
1pm	<input type="checkbox"/>	_____
2pm	<input type="checkbox"/>	_____
3pm	<input type="checkbox"/>	_____
4pm	<input type="checkbox"/>	_____
5pm	<input type="checkbox"/>	_____
6pm	<input type="checkbox"/>	_____
7pm	<input type="checkbox"/>	_____

## SELF-CARE

### WATER

Fuel your mind by staying hydrated! Tick off each circle as you drink a glass of water.



### SOCIAL

This might be video calling or phoning friends or family; 'virtually' watching a TV programme or film together; checking in that a neighbour is okay; posting a positive message on social media; spending time with animals...



### PHYSICAL

This might be sport; online workouts (e.g., yoga; pilates; circuits; weights); jogging; walking the dog; dancing to music; gardening; stretching...



### RESTORATIVE

Something to nurture you: This might be reading; podcasts; a bubble bath; mindfulness / meditation audios (such as 'Headspace' or 'Calm'); spending time with your animals; TV; gaming; baking...



### WHAT I AM GRATEFUL FOR

It's easy to miss the 'small stuff' when there's big stuff going on in the world. What are you grateful for today? (complete at the end of the day if you wish!).

