



Create Your Day

I *GET* to do this!

Today's date:

Today's Affirmation: I am...

Today's Intention: I will...

Today's To Dos

PILLARS:

What?

How Long/Much?

_____ MOVE

_____ READ

_____ WRITE

_____ NOURISH

_____ HYDRATE

_____ CONNECT

_____ MEDITATE

PRIORITIES:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Today's Reflections

One thing I learned today was _____

One thing I contributed today was _____

How did I do on fulfilling my pillars? (1-5) _____ My priorities? (1-5) _____

What will I improve on tomorrow? _____

I am grateful for _____



Natalie Reimer Anderson
Transformational Self-LOVE Coach



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