

1) What am I feeling?

2) What do these feelings move me to do?

_____	—	_____
_____	—	_____
_____	—	_____
_____	—	_____
_____	—	_____
_____	—	_____
_____	—	_____
_____	—	_____
_____	—	_____
_____	—	_____

3) What three things do I really want to do today?

1 _____

2 _____

3 _____

4 _____

5 _____

Reflections on the day:

Daily Planner

To Dos

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