

My Daily Planner

MY INTENTION (VALUE) FOR TODAY:

PRODUCTIVITY

PRIORITY TASKS FOR TODAY

☐☐☐

7am ☐ _____

8am ☐ _____

9am ☐ _____

10am ☐ _____

11am ☐ _____

12pm ☐ _____

1pm ☐ _____

2pm ☐ _____

3pm ☐ _____

4pm ☐ _____

5pm ☐ _____

6pm ☐ _____

7pm ☐ _____

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	☐	_____
8am	☐	_____
9am	☐	_____
10am	☐	_____
11am	☐	_____
12pm	☐	_____
1pm	☐	_____
2pm	☐	_____
3pm	☐	_____
4pm	☐	_____
5pm	☐	_____
6pm	☐	_____
7pm	☐	_____

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!).

