

*Date:*

*Daily Inspiration*

*Top Energy Uses Today*

Description	✓

*What's Due*

Rank	Task	🔑
		✓ ✗ ↘
		✓ ✗ ↘
		✓ ✗ ↘
		✓ ✗ ↘
		✓ ✗ ↘

*Good Things of Today*

♥

♥

♥

*Focus of Today:*

Time	What Am I Doing?	🔑
6:00		✓ ✗ ↘
6:30		✓ ✗ ↘
7:00		✓ ✗ ↘
7:30		✓ ✗ ↘
8:00		✓ ✗ ↘
8:30		✓ ✗ ↘
9:00		✓ ✗ ↘
9:30		✓ ✗ ↘
10:00		✓ ✗ ↘
10:30		✓ ✗ ↘
11:00		✓ ✗ ↘
11:30		✓ ✗ ↘
12:00		✓ ✗ ↘
12:30		✓ ✗ ↘
1:00		✓ ✗ ↘
1:30		✓ ✗ ↘
2:00		✓ ✗ ↘
2:30		✓ ✗ ↘
3:00		✓ ✗ ↘
3:30		✓ ✗ ↘
4:00		✓ ✗ ↘
4:30		✓ ✗ ↘
5:00		✓ ✗ ↘
5:30		✓ ✗ ↘
6:00		✓ ✗ ↘

*Values Statement*

*Today I aligned my energy with my values by* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Eat, Drink & Burn*

Breakfast	
Lunch	
Dinner	
Snacks	

	Fitness: _____
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		✓ ✗ ↘
		✓ ✗ ↘
		✓ ✗ ↘
		✓ ✗ ↘
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*Good Things of Today*

♥

♥

♥

*Focus of Today:*

Time	What Am I Doing?	🔑
6:00		✓ ✗ ↘
6:30		✓ ✗ ↘
7:00		✓ ✗ ↘
7:30		✓ ✗ ↘
8:00		✓ ✗ ↘
8:30		✓ ✗ ↘
9:00		✓ ✗ ↘
9:30		✓ ✗ ↘
10:00		✓ ✗ ↘
10:30		✓ ✗ ↘
11:00		✓ ✗ ↘
11:30		✓ ✗ ↘
12:00		✓ ✗ ↘
12:30		✓ ✗ ↘
1:00		✓ ✗ ↘
1:30		✓ ✗ ↘
2:00		✓ ✗ ↘
2:30		✓ ✗ ↘
3:00		✓ ✗ ↘
3:30		✓ ✗ ↘
4:00		✓ ✗ ↘
4:30		✓ ✗ ↘
5:00		✓ ✗ ↘
5:30		✓ ✗ ↘
6:00		✓ ✗ ↘

*Notes*

*Today I aligned my energy with my values by* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Eat, Drink & Burn*

Breakfast	
Lunch	
Dinner	
Snacks	

*Fitness:*