

DATE: _____

A MINDFUL DAY TO GET IT ALL DONE

SET YOUR SELF UP FOR A PRODUCTIVE DAY

- ☐ Revitalising shower
- ☐ Set your intention for the day / meditate / journal
- ☐ Move your body (stretch / walk / just move)
- ☐ Nourish your body with a healthy breakfast
- ☐ Grab your self a great cuppa

DIVE INTO YOUR DAY!

- ☐ Check emails

3 MOST IMPORTANT TASKS

1. _____ ☐
2. _____ ☐
3. _____ ☐

- ☐ Check social media (only 10 mins)

MORE TO DO'S

- | | |
|--------------------------------|--------------------------------|
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- ☐ Check emails ☐ Check social media (only 10 mins)

YOU DID IT!

(If you didn't complete it all pop it onto the next day on the MAIN tasks to get it done ASAP)

GRATITUDE

WHAT ARE YOU MOST THANKFUL FOR TODAY?

