

I am fearless and powerful

TO A BETTER SELF

Date: _____

To Do:

P C

Habits:

- First cup of water
- 5+ min Meditation
- Morning Fruit
- SkinCare Morning
- 5-10 min workout
- Before Bed SkinCare
- 5+ min reading
- _____
- _____
- _____
- _____
- _____

Appointments:



Meals:

B:

L:

S:

D:

I am grateful for:

Victories of the Day:

THE PERFECT DAILY PLANNER

TO HELP YOU BETTER YOUR LIFE AND SELFCARE

– IDEALY PREPARE IT BEFORE BEDTIME –

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TO A BETTER SELF

Date: _____

To Do:

	P	C
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

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WRITE ALL THE THINGS YOU WANT TO GET DONE TODAY

SET UP **P**RIORITIES (1,2...)

CHECK WHEN **C**OMPLETED

FILL ALL APPOINTMENTS YOU MAY HAVE

TAKE A FEW MINUTES AND WRITE THINGS YOU ARE GRATEFUL FOR.

IT WILL HELP ATTRACT MORE BLESSINGS

FILL IN YOUR VICTORIES OF THE DAY

FOCUS ON THE GOOD AND ATTRACT MORE OF IT

CREATE HEALTHY HABITS

HERE ARE A FEW FOR YOU BUT YOU CAN ADD MORE. LITTLE THINGS EACH DAY CREATE BIG THINGS ON THE LONG RUN

KEEP TRACK OF YOUR WATER INTAKE

EIGHT CUPS A DAY IS THE GOAL, TRY YOUR BEST

PREPARE YOUR MEALS AHEAD

BREAKFAST,
LUNCH,
SNACKS,
DINNER.

STAY HEALTHY MY FRIEND