

Daily Planner & Self-Care

Today's Agenda

WHAT DO I WANT TO MANIFEST TODAY?

COURAGEOUS

BOLD

STEADY

MUNDANE

SIMPLE

FRESH

CONSISTENT

PERSEVERE

POSITIVE

OTHER: _____

How am I getting through today?

- ☐ Just get through it
- ☐ Slow down & enjoy it
- ☐ Going into it excited!
- ☐ Neutral - just a normal day

Today's Healthy Habit

- ♡ Exercise
- ♡ Drink more water
- ♡ Healthy eating
- ♡ Tidy up my space
- ♡ Other: _____

End of day wind-down

- ☐ Warm shower / bath
- ☐ Drink tea
- ☐ Read
- ☐ Play game
- ☐ Skincare routine
- ☐ Mindful colouring
- ☐ Other:

Things I might want to add to my wind-down routine: music, candles, aromatherapy, soft lighting, comfy slippers, etc.