

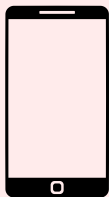
Daily Planner

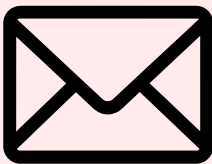


www.ishgupta.com

THIS PLANNER BELONGS TO:







How To use this Planner:

- This planner is not a Date, Month or Year specific planner. You Can use it **for any date, month or year**. Start any day to use this & plan only for your workdays also, as in, skipping the weekends.
- The purpose of this planner is **simplify your life** in every way possible. A sample copy is given just to give you directions to simplify your day.
- Every day contains top 3 goals, a daily chores to-do list, a habit tracker, a self-care tracker & space for notes.
- At the end of day, express your gratitude for all what went awesome in your day & score your day :)
- There is **no right way** to plan your day. **Pick a way that make sense to you and fit your needs and desires**. Start planning for a few days or weeks may be, and You will automatically discover your perfect Daily routine.
- This is a downloadable PDF file. Use the form-filling toolbar to edit it, convert it to a Word document, if needed or print it out if you prefer hardcopy.
- This planner includes 31 daily sheets and can be re-downloaded anytime from my website!!

Let The Planning Begin!!



SAMPLE COPY

Daily Planner

DAY: 10 JUNE 2025

DATE: TUESDAY

GOALS/ TOP PRIORITIES

- 1 FINISH THE XYZ COURSE
- 2 REVISE THE PROJECT PLAN
- 3 SUMBIT THE DOCUMENTS FOR XYZ

TIME	TASK/EVENT
6:00- 8:00AM	DAILY CHORES
8:00-9:00AM	COOKING
10:00AM-4:00PM	WORK HOURS/STUDY TIME
5:00-6:00PM	FAMILY TIME
6:00-6:30PM	CLEANING HOME
10:00PM-5:00AM	SLEEP TIME

TODAY I AM GRATEFUL FOR:

- I AM GRATEFUL FOR BEAUTIFUL TIME I SPENT WITH MY GRANDMOTHER TODAY
- I AM GRATEFUL FOR MY RESULTS, I PASSED WITH GOOD SCORES.
- I AM THANKFUL FOR MY NEW DRESS I BOUGHT TODAY.

SCORE THE DAY: 7/10

SELF CARE

Water



7 GLASS OF WATER

Exercise/Yoga/Meditation

HALF HOUR OF DAILY STRETCH

Catch up on Hobbies/Journaling

PAINTING- DONE

Skin & body Care/ Read Book/Go for a walk

READ 10 PAGES OF XYZ BOOK

THINGS-TO-DO

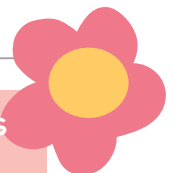
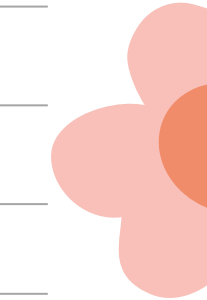
- ☐ CALL A FRIEND
- ☐ BOOK AN APPOINTMENT TO XYZ
- ☐
- ☐
- ☐

HABIT TRACKER

- ☐ SLEEP ON TIME-DONE
- ☐ EATING HEALTHY- DONE
- ☐ MEDITATION- DONE
- ☐

NOTES / TODAY'S LEARNING/ TAKEAWAYS FOR TOMMOROW

- I HAVE LEARNT TODAY, IF I SHIFT MY FOCUS TOWARDS THE GOOD SIDE OF LIFE EVEN IN SMALL THINGS, I FEEL GOOD ABOUT EVERYTHING & ABLE TO BE MORE PRODUCTIVE IN MY DAY.
- MAKE A CALL TO XYZ TOMORROW, REVIST THE XYZ DRAFT TMRW.





Daily Planner

DAY: _____

DATE: _____

GOALS/ TOP PRIORTIES

1

2

3

TIME

TASK/EVENT

TODAY I AM GRATEFUL FOR:

SCORE THE DAY:

SELF CARE

Water



Exercise/Yoga

Catch up on Hobbies/Journaling

Skin & body Care/ Read Book/Go for a walk

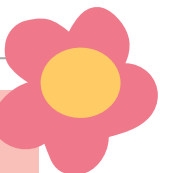
THINGS-TO-DO



HABIT TRACKER



NOTES / TODAY'S LEARNING/ TAKEAWAYS
FOR TOMMOROW





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Exercise/Yoga

Catch up on Hobbies/Journaling

Skin & body Care/ Read Book/Go for a walk

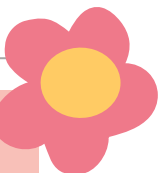
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HABIT TRACKER



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FOR TOMMOROW





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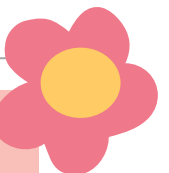
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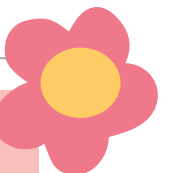
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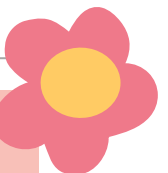
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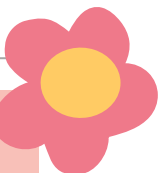
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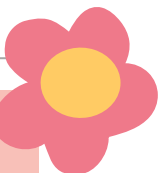
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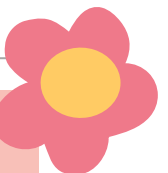
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HABIT TRACKER

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FOR TOMMOROW



DATE:

1

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3

Water



Exercise/Yoga

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THINGS-TO-DO



5

HABIT TRACKER

TIME

TASK/EVENT

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NOTES / TODAY'S LEARNING/ TAKEAWAYS
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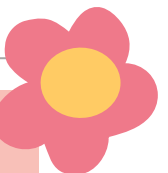
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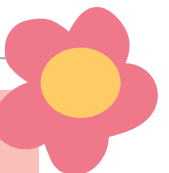
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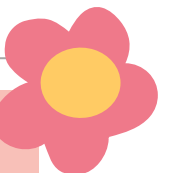
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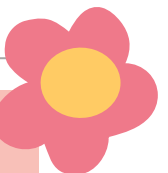
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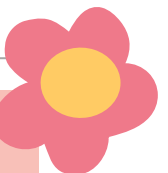
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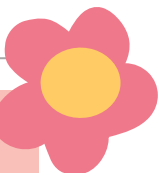
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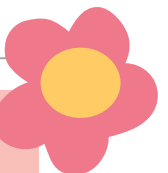
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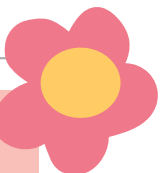
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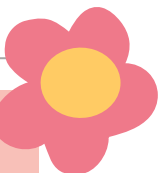
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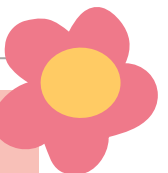
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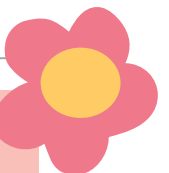
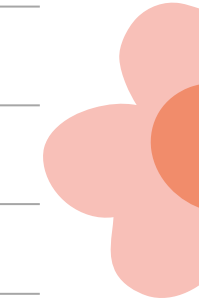
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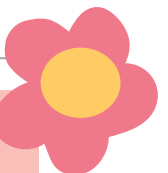
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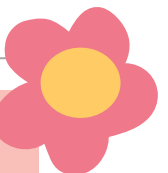
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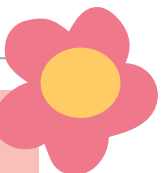
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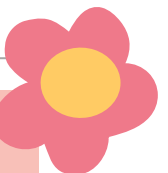
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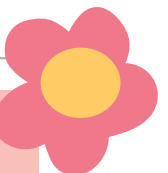
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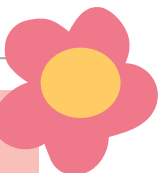
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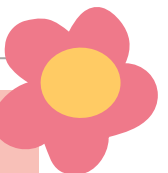
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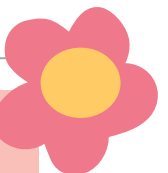
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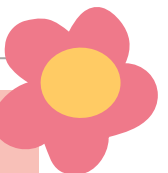
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Catch up on Hobbies/Journaling

Skin & body Care/ Read Book/Go for a walk

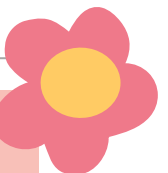
THINGS-TO-DO



HABIT TRACKER



NOTES / TODAY'S LEARNING/ TAKEAWAYS
FOR TOMMOROW





Daily Planner

DAY: _____

DATE: _____

GOALS/ TOP PRIORTIES

1

2

3

TIME

TASK/EVENT

TODAY I AM GRATEFUL FOR:

SCORE THE DAY:

SELF CARE

Water



Exercise/Yoga

Catch up on Hobbies/Journaling

Skin & body Care/ Read Book/Go for a walk

THINGS-TO-DO



HABIT TRACKER



NOTES / TODAY'S LEARNING/ TAKEAWAYS
FOR TOMMOROW

