

DATE _____

PURPOSEFUL PLANNER

WAKE TIME

TODAY'S MANTRA

SCHEDULE

8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
13:00 _____
14:00 _____
15:00 _____
16:00 _____
17:00 _____
18:00 _____
19:00 _____
20:00 _____
21:00 _____
22:00 _____
23:00 _____

TOP PRIORITIES

TO-DO LIST

DAILY GRATITUDES

AFFIRMATIONS. I AM...

2022

INTENTIONS AND JOURNAL PROMPTS

- I will improve my spiritual, emotional, mental and physical health and wellbeing in 2022, by...
- The habits, mindsets and behaviours I will encourage more OR less of are...
- This year, I am manifesting...
- This year, I will achieve...
- By the end of 2022, living my ideal situation will **look and feel** like...
- What boundaries need to be set? - with myself, or others.
- What experiences do I wish to invite in? How will this feel?
- What can I do within the next 30 minutes to nurture my being and bring me closer to purpose?
- How can I show my environment (my home, nature) more kindness, love, support and nourishment?
- What is something I need to spend less time on and what can I replace it with?
- When do I feel most empowered?
- When feeling angry, frustrated, or other less encouraged emotions, how am I offering love and kindness to the parts of myself that need it most?
- In what areas of my life do I need more balance, and what areas do I need more structure?

In 2022, I am fiercely committing to my health and wellbeing. I will transition into the new year with grace, flow and ease, harnessing the lessons and blessings of the year just past. I know I am worthy of the life I am attracting, full of blissful, beautiful and positive abundance - beyond my earthly comprehension. I will continue to embody behaviours, routines and attitudes that serve my purpose, reconnect me to my most authentic self, and propel me closer to achieving all I intend to. This year I will be reminded continuously of the beauty, love, magic and kindness that surrounds me. I will feel the freedom of movement, the empowerment of expression, the importance and healing nature of connection, and the power of being responsible for my holistic wellness. I will honour and fearlessly set any necessary boundaries - and express them with kindness. I will continue to trust my intuition and to harness any lessons, blessings and opportunities for growth presented to me as potential challenges. I will show support and kindness to myself and those around me. I release all that no longer serves me with grace, invite all that is meant for me with ease, and accept blessings in abundance with gratitude. So it is.