



# Daily Planner

Plan with intention. Live with purpose.

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Intention & Priorities · Daily Schedule · To-Do List · Brain Dump / Notes · Gratitude & Reflection · Self-Care Checklist · Mood & Water Tracker

# Daily Planner

## ● INTENTION FOR TODAY

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## ● TOP 3 PRIORITIES

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## ● SCHEDULE

7AM
8AM
9AM
10AM
11AM
12AM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM

## ● EVENING WRAP-UP

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## ● TO-DO LIST

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## ● BRAIN DUMP / NOTES

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## ● GRATITUDE — 3 THINGS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## ● WATER TRACKER

%	%	%	%	%	%	%	%
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## ● MOOD

☹	☹	☹	☹	☹	☹
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## ● SELF-CARE CHECKLIST

- Moved my body
- Drank enough water
- Ate nourishing meals
- Got outside
- Rested well
- Connected with someone