

M T W T F S S DATE:

Brilliant Day PLANNER

MY AFFIRMATION FOR TODAY IS:

TODAY I WILL...

THE INTENTION(S) I AM FOCUSING ON IS:

MY MOST IMPORTANT ACTIONS TODAY ARE:

CALLS TO MAKE / EMAILS TO SEND:

THINGS TO REMEMBER:

TODAY I WILL TAKE CARE OF MYSELF BY:

TODAY I AM GRATEFUL FOR:

MY HEALTHY HABITS:

WATER (GLASSES)

EXERCISE (MINS)

SLEEP (HOURS)

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

HOW PRESENT WAS I TODAY? /10

HOW CAN I BE MORE PRESENT TO MY LIFE AND THE PEOPLE IN IT?

WHAT DID I LEARN TODAY?

THE BEST THING ABOUT MY DAY WAS:

WHEN YOU GET *more* OUT OF YOUR DAY, YOU GET MORE OUT OF YOUR *life*.