

Daily focus friend

FOCUS/QUOTE:

TODAY - TIME BLOCKING:

(BLANK SLOTS)

SUN MON TUE WED THU FRI SAT
○ ○ ○ ○ ○ ○ ○

DATE:

SELF-CARE:



BORING (BUT NECESSARY) TASKS:

01	
02	
03	

 REWARD TO MYSELF AFTER: ↩

DON'T FORGET:

-
-
-
-
-

PEOPLE TO RESPOND TO:

-
-
-

* LEAVE IT FOR LATER * BRAIN DUMP

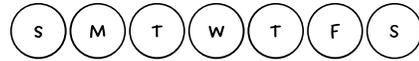
HABIT GOAL:



Daily focus friend

DATE:

Remember to stretch, hydrate and get vitamin D!



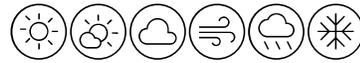
MOOD



QUOTE:

TOP 3 PRIORITIES:

WEATHER



REMINDER TO:

TODAY AT A GLANCE:

TIME:	EVENT:

TASK LIST:

MIND + BODY

MINUTES MEDITATING:	
MINUTES STRETCHING:	
MINUTES EXERCISING:	
TOTAL STEPS:	

HYDRATION TRACKER



MEAL TRACKER

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

TO CALL OR EMAIL:

URGENT:	SOON:

LEAVE 'TIL TOMORROW:

TODAY I AM GRATEFUL FOR:

* LEAVE IT FOR LATER * BRAIN DUMP

HABIT GOAL:

