

PLAN

daily

date: _____

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

Time	URGENT

Time	IMPORTANT

Time	BONUS

ME TIME

-
-
-
-
-

To call or email

.....

.....

.....

.....

.....

for tomorrow

- _____
- _____
- _____
- _____
- _____
- _____

notes

TODAY I'M GRATEFUL FOR:

.....

.....

.....

.....

.....

.....

PLANNER

weekly

Monday	Tuesday	Wednesday
.....
Thursday	Friday	Saturday
.....	
Sunday		
.....	

Appointments

.....
.....
.....
.....
.....
.....

Menu

.....
.....
.....
.....
.....
.....

Week Affirmation: