

DATE: \_\_\_\_\_

#WTD #GSD

My top 3 priorities for today:

- 1.
- 2.
- 3.

My affirmations:

\_\_\_\_\_  
\_\_\_\_\_

Something I am grateful for:

\_\_\_\_\_  
\_\_\_\_\_

Something new that I learned:

\_\_\_\_\_

Something from yesterday that makes me smile:

\_\_\_\_\_

Someone I need to follow up with:

\_\_\_\_\_

Health metrics yesterday:

- ✓ Exercise? \_\_\_\_\_
- ✓ Sleep? \_\_\_\_\_
- ✓ Calories? \_\_\_\_\_
- ✓ Water? \_\_\_\_\_
- ✓ Read? \_\_\_\_\_

DAILY SCHEDULE

***Morning:***

- 5AM:
- 6AM:
- 7AM:
- 8AM:
- 9AM:

***Midday:***

- 10AM:
- 11AM:
- 12PM:
- 1PM:

***Afternoon:***

- 2PM:
- 3PM:
- 4PM:
- 5PM:

***Evening:***

- 6PM:
- 7PM:
- 8PM:

***Night:***

- 9PM:
- 10PM:
- 11PM:

EXTRAS

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_