

SUCCESS+

DAILY ROUTINE  
PLANNER

Make the Most of Your Day



Daily Top 3 Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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

DAY OF THE WEEK: \_\_\_\_\_

Hours Slept: \_\_\_\_\_ Notes: \_\_\_\_\_

### Plan Out Your Schedule Hour-By-Hour

6 A.M.

7 A.M.

8 A.M.

9 A.M.

10 A.M.

11 A.M.

12 P.M.

1 P.M.

2 P.M.

3 P.M.

4 P.M.

5 P.M.

6 P.M.

7 P.M.

8 P.M.

9 P.M.

### Evening Reflection Prompts:

What went well today?

What could be improved?

### Gratitude Prompts:

What made you smile today?

Who are you grateful for?

### Habit Tracker:

Habit 1 \_\_\_\_\_ ☐ ☐ ☐ ☐ ☐ ☐

Habit 2 \_\_\_\_\_ ☐ ☐ ☐ ☐ ☐ ☐

Steps Walked: \_\_\_\_\_

Money In: \_\_\_\_\_

Money Out: \_\_\_\_\_

☐ Daily check-in: **You are enough.**

Write the SUCCESS® daily motivational mantra text here: