

DAILY PLANNER

MEALS

BREAKFAST

LUNCH

DINNER

PRIORITIES

APPOINTMENTS

NOTES

REFLECTIONS

"ALL IS GOOD, HERE AND NOW."

WATER

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○ ○ ○ ○

REMINDERS

DAILY ?'S

HOW DID I SLEEP LAST NIGHT?

AM I WORRIED ABOUT ANYTHING?

WHAT DO I THINK WILL HAPPEN?

AM I BREATHING?

WHAT AM I CHOOSING FROM THIS TIME FORWARD?

