



Get it done!

CHANNELING STRENGTH & PRODUCTIVITY THIS YEAR



Today's date:

M T W T F S S

TOP PRIORITIES

1.	2.	3.
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TO-DO LIST

TODAY'S
Affirmation

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

SELF-CARE GOALS

- | | |
|--|---|
| <input type="checkbox"/> GET SOME EXERCISE | <input type="checkbox"/> EAT SOMETHING NOURISHING |
| <input type="checkbox"/> LEARN SOMETHING NEW | <input type="checkbox"/> TAKE A SCREEN BREAK |
| <input type="checkbox"/> GO FOR A WALK | <input type="checkbox"/> REWARD YOURSELF |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Water TRACKER

NOTES
