



Get it done!

CHANNELING ENERGY & PRODUCTIVITY THIS YEAR



Today's date:

M T W T F S S

TOP PRIORITIES

1.	2.	3.
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TODAY'S
Affirmation

TO-DO LIST

_____	○
_____	○
_____	○
_____	○
_____	○
_____	○
_____	○
_____	○

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

8oz	8oz	8oz	8oz
8oz	8oz	8oz	8oz
8oz	8oz	8oz	8oz

NOTES
