

# Daily Planner

PLAN YOUR DAY WITH  
CLARITY, CALM ENERGY,  
AND SMALL COZY  
RITUALS.

A CALM DAY STARTS WITH SMALL INTENTIONAL MOMENTS.

DATE \_\_\_\_\_

## Intention for Today

WRITE YOUR FOCUS FOR TODAY  
(CALM, PRODUCTIVE, PRESENT,  
JOYFUL...)

### TOP PRIORITIES

### TO-DO LIST

### MIND & WELLNESS CHECK

- DRINK WATER
- TAKE VITAMINS
- STEP OUTSIDE BRIEFLY
- 5-MINUTE STRETCH

### LITTLE JOYS

- LIGHT A COZY CANDLE
- FAVORITE DRINK (COFFEE / TEA)
- PUT ON CALM PLAYLIST
- SIT FOR 1 QUIET MINUTE
- CONNECT WITH SOMEONE YOU LOVE

### SCHEDULE

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00