My Daily Plan *Date:*

Blog Post

Key Priorities

1.

2.

3.

SHOWER	☐
BREAKFAST	☐
MEDS	☐
CHECK EMAIL	☐
JOURNAL	☐
10 MIN PLAN	☐
MEDITATE	☐
EXERCISE	☐

6:00_____
6:30_____
7:00_____
7:30_____
8:00_____
8:30_____
9:00_____
9:30_____
10:00_____
10:30_____
11:00_____
11:30_____
12:00_____
12:30_____
1:00_____
1:30_____
2:00_____
2:30_____
3:00_____
3:30_____
4:00_____
4:30_____
5:00_____
5:30_____
6:00_____
6:30_____
7:00_____
7:30_____
8:00_____
8:30_____
9:00_____
9:30_____
10:00_____
10:30_____
11:00_____
11:30_____

To Do for Work

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

To Do for Home

☐ _____
☐ _____
☐ _____
☐ _____

To Buy/To Pay

☐ _____
☐ _____
☐ _____
☐ _____

Remember

NO ZERO DAYS	☐
1K WORDS	☐
90 MINS	☐
3 HOURS	☐
5 HOURS	☐
6 HOURS	☐

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

	:

Next Action

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____