

The Daily Enough Planner – Printable PDF

Date: _____

Today's Intention: _____

THE THREE ANCHORS

Define what 'enough' looks like for today.

1. SELF (Mind • Body • Spirit)

Small win for me: _____

2. WORK (Focus • Projects • Career)

Most important task: _____

3. RELATIONSHIPS (Family • Friends • Community)

Moment of connection: _____

THE GAP CHECK

Replaying Yesterday? (Write it down & let it go):

Planning Tomorrow? (Write it down & save for later):

EVENING REFLECTION

One thing I am grateful for today:

Why was today 'enough'?

"I have done enough. I am enough."