

Things I have to do...

Self-care

How I want to feel today:

Ways I will nourish my...

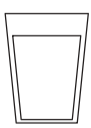
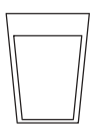
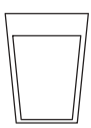
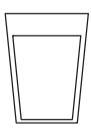

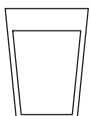
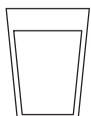
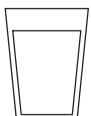


Mind

Body

Soul

How will I wind down tonight?

Daily water intake:

Today's tasks

Urgent tasks:

Big wins:

Quick wins:

Free up your mind

Tasks to complete when my time & energy allow.
