

MY DAILY PLANNER

{"What gets measured, gets transformed"}

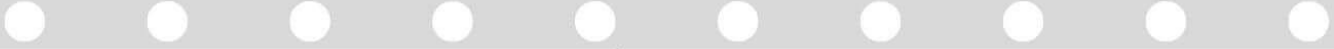
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MORNING JOURNAL

1-10 scale of assessing current energy level

1 2 3 4 5 6 7 8 9 10



Why do I feel this energy level?

How can I increase? (if needed)

TODAY'S GOALS

1

2

3

MORNING

AFTERNOON

EVENING

MUST DOS:

1

2

3

4

5

6

7

8

9

10

GRATITUDE:

WATER INTAKE

