

# Daily Planner

Date: \_\_\_\_\_

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Quote for today:

Time	Task	✓	Time	Task	✓
5:30			2:30		
6:00			3:00		
6:30			3:30		
7:00			4:00		
7:30			4:30		
8:00			5:00		
8:30			5:30		
9:00			6:00		
9:30			6:30		
10:00			7:00		
10:30			7:30		
11:00			8:00		
11:30			8:30		
12:00			9:00		
12:30			9:30		
1:00			10:00		
1:30			10:30		
2:00			11:00		

Today's TOP Priorities	Notes	Remember!
1-		
2-		
3-		
4-		
5-		

Remember WATER!



Excercise Today:

1- What I want to accomplish today?

2- What could get in my way?

3- How I can work for my success in this?

4- What I am afraid of?

5- How I can move through this fear??

## In the night:

1- What did I make progress on today?

1-

2-

3-

4-

5-

2- What were I unhappy with?

3- Is there something I can do to improve this?

4- Today I'm grateful for:

1-

2-

3-

4-

5-

5- What I learn today?