**Day / Date:**

## Daily Planning

### Daily Calendar

Morning

Mid-Day

Afternoon

Evening

### Routines (Non-Negotiables)

**Activity (Journal, Meditation, Walk, etc)**

☐_____ ☐_____

☐_____ ☐_____

☐_____ ☐_____

## Daily Prioritization

### Priority Sets

**Highest**

1. _____
2. _____
3. _____

**High**

1. _____
2. _____
3. _____

### Actions – TO DO

| **Category** | **Action** |
|---|---|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

DAILY CHOICE Wellness

©Daily Choice Wellness, LLC