



MAY



S M T W T F S

1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31



Top priorities

Notes



Date _____

M T W T F S S

Schedule

7:00	_____
8:00	_____
9:00	_____
10:00	_____
11:00	_____
12:00	_____
13:00	_____
14:00	_____
15:00	_____
16:00	_____
17:00	_____
18:00	_____
19:00	_____
20:00	_____
21:00	_____

Notes

Daily

planner

Important

To do

Water



GRATITUDE JOURNAL

DATE: _____

MORNING ROUTINE

Before you start your day, write a list of 5 things you're grateful for

1	
2	
3	
4	
5	

EVENING ROUTINE

List three obstacles and what you're learning from them.

	OBSTACLES	WHAT I AM LEARNING
1		
2		
3		

The best part of my day (Choose one moment of your day that made you happy)

Self Love

Daily Journal

Date :

S M T W T F S

I love myself today because

Today I forgive myself for

Empowering affirmation

This week for self-care I will

I will challenge myself to

I will dedicate time to the hobby of

Reflection

My Notes