



DESIGN YOUR LIFE

daily planner

MY MILESTONES
for this month

WORK	FINANCES
LIFE/RELATIONSHIPS	HEALTH/WELLNESS

WEEKLY *commitments*

NON-NEGOTIABLES

Work:

Finances:

Life/relationships:

Health/wellness:

DAILY planner

Date:

GRATITUDE What are you grateful for? How will you express it?	WINS What win can you focus on to build your confidence?
Read your monthly goals	Read your weekly commitments
One thing you'll do today that scares you	
Today's non-negotiables:	
What will you do today as an act of service for someone else?	
What will you do today that's <i>just for you</i> ?	

Today's Check-out:

Is there anything you need to **carry over to tomorrow** to ensure you complete it?

In the process of working through this today, what (if anything) came up for you in terms of doubt, avoidance or resistance?
