

planner

Mon	Tues	Wed	Thurs

daily mindfulness planner

Intention for the day

How am I feeling?

• happy • sad • anxious • relaxed • angry • frustrated • depressed	• excited • nervous • stressed • calm • content • neutral • tired	• annoyed • satisfied • concerned • afraid • proud • other
--	---	---

log 1 to day

1.

2.

3.

what did I do to take care of myself today?

- slept in
- nourished my body
- moved my body
- meditated
- mindfulness practice
- affirmations
- said no
- took breaks

- did a craft
- spent time outdoors
- spent quality time with loved ones
- played a game
- other

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daily planner

top priorities

day of the week

notes

the other stuff

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Wellness Planner International Bestseller

Tony Holohan



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