

DATE: _____

– a good day to have a good day.

TO-DO LIST:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

“SPARKS JOY” PICK OF THE DAY:

30 MINUTE ACTIVITY:

TIME BLOCKING:

- 6:00 _____
- 7:00 _____
- 8:00 _____
- 9:00 _____
- 10:00 _____
- 11:00 _____
- 12:00 _____
- 1:00 _____
- 2:00 _____
- 3:00 _____
- 4:00 _____
- 5:00 _____
- 6:00 _____
- 7:00 _____
- 8:00 _____

GRATEFUL FOR:

TODAY’S MEALS:

B

L

D