

Date:/.....

Message from
yesterday's me?

What do you love
about yourself?

What are intentions for:

Breathing Practices

Sleep Routine

Exercise & Movement

Morning Intentions for a purposeful day

1. What scene are you grateful for now? FEEL IT
2. How can you deepen and appreciate a personal and professional relationship?
3. What's one meaningful project you want to progress or develop today? How? From your Friday Finisher list?
4. What could stress you out today and how will you deal with it at your best?
5. How can you grow, develop or challenge yourself today?
6. Who or what do you need to prepare for to excel today?
7. How can you intentionally enjoy and feel this day on purpose?

06:00 _____

06:30 _____

07:00 _____

07:30 _____

08:00 _____

08:30 _____

09:00 _____

09:30 _____

10:00 _____ 1L

10:30 _____

11:00 _____

11:30 _____

12:00 _____

12:30 _____

13:00 _____

13:30 _____

14:00 _____ 2L

14:30 _____

15:00 _____

15:30 _____

16:00 _____

16:30 _____

17:00 _____

17:30 _____

What are your intentions for:	Top 3 you must achieve today
Nutrition & Hydration	1.
	2.
Mindset & Self-talk	3.
Meditation & Cold Water	

Reflections from a purposeful day
1. What relationships did you invest in and enjoy today?
2. What did you try hard at and can feel proud of your efforts from today?
3. How did you speak to yourself and treat yourself today?
4. What scene are you grateful for from today?
5. What did you learn about yourself today that you can develop?
6. What do you need to let go of and leave in today?

18:00 _____ 3L
18:30 _____
19:00 _____
19:30 _____
20:00 _____

Daily Notes

Reminders
Routine

Stretch _____
Read, learn, develop _____
Build 50 min blocks _____
Breathe _____
Hydrate, eat, move _____
Exercise _____
Cold shower _____

Shutdown

Sleep Routine

3 – No food
2 -No work
1 – No screens
(Parent, spouse, partner, to self, leader, friend, colleague family member)

Golden Hour
Read, relax, reflect
slow everything down