

Sustainably Dreams

WELLNESS PLANNER

MESSAGE TO MYSELF:

TODAY'S TOP 3 GOALS

MORNING MINDSET

1. One thing about my life/my journey to my best life that I'm grateful for today.

2. What word describes how I want to feel about my self and life today?

3. Why do I need to keep on track with my wellness goals today?

4. What mental/emotional/spiritual habit am I trying to break today?

b. How will I reset if it pops up?

5. What does my highest/best/authentic self want to say to me today?

6. What is the big theme/goal my wellness tasks fit into/align with today?

☐☐☐

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

Sustainable Dreams

WELLNESS PLANNER

TODAY'S TOP 3 TASKS

☐☐☐

REMINDER TO MYSELF:

EVENING REFLECT

1. Something awesome that happened today:

2. Something that tripped me up/I could have done differently:

3. An activity or choice that made me feel good today:

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

3:30 PM

4:00 PM

4:30 PM

5:00 PM

5:30 PM

6:00 PM

SCORE YOUR 6 FACETS TODAY

Choose a score from 1-10 based on your goals for the 6 facets of Holistic Wellness

Water

+

Nutrition

Exercise

+

Stress Management

Rest

+

Breath

=

SCORE YOUR 4 DISTRICTS TODAY

Choose a score from 1-10 based on your goals in the 4 Districts.

+

+

+

=

+

=

%

Mindset Heartset Soul-full Action

Today's Tally /100

SUSTAINABLE DREAMS day planner - PM

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