

PLAN YOUR DAY

BIGGEST CHALLENGE:

DATE: / / MOON PHASE:

HOW DO I TAKE CARE OF MY BODY:

WHAT DO I WANT:

WHAT DO I NEED:

HABIT THAT I IMPLEMENT:

MY PRIORITY:

DAILY AFFIRMATION:

TO BE DONE TODAY:

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

APPOINTMENTS:

- _____
- _____
- _____
- _____

CONCLUSIONS:

- _____
- _____
- _____
- _____

AFFIRMATION BASED ON CONCLUSIONS FOR THIS DAY:



SELF-CARE CHECKLIST

01

Morning Meditation

02

Morning Affirmations Reading

03

Setting up Your daily priorities

04

Planning your day in the planner

05

Wim-Hof breathing / Pranayama

06

Workout / Yoga Practice

07

Studying / Learning something new

08

Taking care of Your space

09

Stop using devices at least 3 hours before bed

