

# DAILY PLAN

**DATE:**

**TODAY I AM GRATEFUL FOR:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**TODAY'S GOALS**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**TASKS:**

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**SCHEDULE:**

MORNING

AFTERNOON

EVENING

**NOTES:**