

# Daily Check-in

DATE \_\_\_\_\_

## I WOKE UP FEELING

## TODAY'S INTENTION

## 3 THINGS I AM GRATEFUL FOR TODAY

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 1 THING I CAN DO TO MAKE TODAY GREAT

## MORNING ENERGY TRACKER



## EVENING WELLNESS TRACKER



## MY TOP 3 PRIORITIES TODAY

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 30 MINUTES COFFEE BREAK JOY TRACKER



## CELEBRATE SMALL WINS

## EVENING SELF-REFLECTION

## 3 THINGS I LOOK FORWARD TO TOMORROW

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# Daily Wellness Planner

## by Gabeeculture

### **DESCRIPTION**

The Daily Wellness Planner is designed to help you prioritize self-care and maintain a balanced lifestyle. With thoughtful prompts and organized sections, this one-page planner empowers you to focus on your physical, mental, and emotional well-being every day.

### **KEY FEATURES**

- Size: A4 (8.5in x 11in)
- 5 Different Colors!
- Daily Planning: Simple one-page layout for planning your day focusing on top 3 priorities.
- Quick Mood Tracker: Morning, Coffee Break and Evening.
- Gratitude Journal: Space to reflect on the positive aspects of your day and cultivate a mindset of gratitude.

### **IDEAL FOR**

- Busy professionals seeking balance in their hectic schedules.
- Students juggling academics, extracurriculars, and personal well-being.
- Anyone committed to living a healthier and happier life through intentional daily practices.

# Daily Wellness Planner

## INSTRUCTION

The diagram shows a 'Daily Check-in' planner page with the following sections and callouts:

- Journal your feelings:** Points to the 'I WOKE UP FEELING' section, which is a large purple box.
- Clarify your intentions:** Points to the 'TODAY'S INTENTION' section, which is a large purple box.
- Express your gratitude:** Points to the '3 THINGS I AM GRATEFUL FOR TODAY' section, which has three numbered lines for writing.
- Express your gratitude:** Points to the '1 THING I CAN DO TO MAKE TODAY GREAT' section, which is a large purple box.
- Monitor your energy level & wellness:** Points to the 'MORNING ENERGY TRACKER' and 'EVENING WELLNESS TRACKER' sections. The morning tracker has five sun icons, and the evening tracker has five moon icons.
- Focus on 3 things:** Points to the 'MY TOP 3 PRIORITIES TODAY' section, which has three numbered lines for writing.
- Track your midday mood:** Points to the '30 MINUTES COFFEE BREAK JOY TRACKER' section, which has five heart icons, with the last one filled.
- Celebrate small wins:** Points to the 'CELEBRATE SMALL WINS' section, which is a large purple box.
- A space for self-reflection:** Points to the 'EVENING SELF-REFLECTION' section, which is a large purple box.
- Motivate yourself for a better tomorrow!** Points to the '3 THINGS I LOOK FORWARD TO TOMORROW' section, which has three numbered lines for writing.

# Daily Wellness Planner

## EXAMPLE

**Daily Check-in** DATE April 25th, 2022

**I WOKE UP FEELING**

I feel motivated! I am ready to tackle all the challenges!

**TODAY'S INTENTION**

I intend to bring abundance and love into my life.

**MY TOP 3 PRIORITIES TODAY**

1. Finish video editing.....
2. Schedule Jan. social media posts.....
3. Take a walk with Orange.....

**30 MINUTES COFFEE BREAK JOY TRACKER**

♡ ♡ ♡ ♡ ♡

**CELEBRATE SMALL WINS**

Had a productive zoom meeting with client and they liked my ideas.

**3 THINGS I AM GRATEFUL FOR TODAY**

1. My supportive family.....
2. My dog Orange.....
3. The warmth of the sun.....

**1 THING I CAN DO TO MAKE TODAY GREAT**

Remind myself to drink more water! (and less caffeine)

**EVENING SELF-REFLECTION**

Real progress comes from small actions.

**MORNING ENERGY TRACKER**

☀️ ☀️ ☀️ ☀️ ☀️

**EVENING WELLNESS TRACKER**

🌙 🌙 🌙 🌙 🌙

**3 THINGS I LOOK FORWARD TO TOMORROW**

1. My morning yoga practice.....
2. Meeting friends for lunch.....
3. A new project.....



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