

# DAILY MINDFULNESS PLANNER

DATE: \_\_\_\_\_

*Day* \_\_\_\_\_

TODAY'S AFFIRMATION

MOOD



## TOP 3 PRIORITIES

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_

## TO-DO LIST

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TODAY'S GRATITUDE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## MINDFUL CHECK-IN

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_
- 4 \_\_\_\_\_  
\_\_\_\_\_

## TIME

## PLANS & SCHEDULE

6:00 am	_____
6:30 am	_____
7:00 am	_____
7:30 am	_____
8:00 am	_____
8:30 am	_____
9:00 am	_____
9:30 am	_____
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9:00 pm	_____
9:30 pm	_____
10:00 pm	_____

# Planner Mindfulness Meditation

**Anne Marie O'Connor**



## **Planner Mindfulness Meditation:**

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