



Monday	Tuesday	Mednesday	Thursday	Friday	Saturday	Sunday	Notes
27	28	29	30	31	1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
24	25	20	21	20	27	30	
							www.chooseREALcampaign.com

Daily PLANNER

TO DAY/C	Locus	
TODAY 5	focus -	DATE:
		TODAY I AM CREATING THE POSSIBILITY OF
3 MOST IMPO	DRTANT THINGS	
		DAILY DRAFT
TO DO LI	ST / TASKS	7AM
		8
		9
		10
		11
		12
		11
		2
		3
		4
		5
		6
		7
		DAILY HABBITS
THINGS THAT CAN W	AIT TILL TOMORROW	
ID FAC /	NOTEC	
IDEAS /	NOTES	
		a att. da
		moments of gratifude -
EXERCISE / HEALTH	SELF-CARE / REFILL	U · ·

WEEK'S focus



M O N D A Y	T U E S D A Y	WEDNESDAY	THURSDAY	FRIDAY	S A T U R D A Y	S U N D A Y
#1 THING FOR TODAY						

AM	. AM	AM	AM	. AM	AM	. AM
				-		
						-
NOON						
						-
						.
PM						
TO DO / TASKS						
_	· 🗆			· 🗆		
		_				7//
					. 🗆	🗆
_		_		_		1 7
·····	- 🗆					
		_				
I AM THANKFUL FOR:						



I will choose pread every day

	•	$\theta = 0$
Jou got this!	MY MONTH	ILY FOCUS:
	MY GOALS:	MAJOR TASKS:
HOW	I WANT TO GROW:	WHAT I WANT TO LET GO OF:
HOW CA	BE THE GIFT N I MAKE A DIFFERENCE:	REST / REFILL PLAN:



WINS / HIGHLIGHTS	LESSONS		
HOW DID I GROW	NEXT TIME / NEXT STEPS		
WHAT DO I WANT TO DO MORE OF	WHAT DO I WANT TO DO LESS OF		
WHAT AM I THANKFUL FOR			