

THE FUTURE™



THE FUTURE™

Daily Planner

DATE: _____
DAY: _____
TODAY'S INTENTION: _____

Top 3 Priorities

- 1 _____
- 2 _____
- 3 _____

Today's Tasks

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Wellbeing Check

Water: ☐ ☐ ☐ ☐ Movement / fresh air: ☐ Proper break: ☐

Finish time: _____

Schedule / Appointments

8:00	_____
9:00	_____
10:00	_____
11:00	_____
12:00	_____
13:00	_____
14:00	_____
15:00	_____
16:00	_____
17:00	_____
18:00	_____
Later	_____

Notes / Things to Remember

End-of-Day Review

Biggest win: _____

Move to tomorrow: _____

One thing I learned: _____

The future isn't something you wait for. It's something you build.