

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	_____
10:00 am	_____
10:30 am	_____
11:00 am	_____
11:30 am	_____
12:00 pm	_____
12:30 pm	_____
1:00 pm	_____
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7:00 pm	_____
7:30 pm	_____
8:00 pm	_____
8:30 pm	_____
9:00 pm	_____
9:30 pm	_____
10:00 pm	_____

Planner Mindfulness Meditation

LL Leslie

A decorative graphic element consisting of a horizontal light blue bar with a rounded right end, overlapping a red circular gradient shape.

Planner Mindfulness Meditation:

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https://thebrandexperience.com/About/Resources/index.jsp/Plastic_Free_Toolkit.pdf

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