

Daily Focus Sheet

Day and Date:

What fun would I like to have today?

How do I want to feel today?

How do I want to be today? What do I want to embody?

What is most important to me today?

Brainstorm of Tasks and Actions

Personal

Top 3 things that give me bliss:

Physical:

Mental:

Spiritual:

Relationships and Social

Work and Finances

Home Creation and Maintenance

Daily Schedule

· DATE _____

Today's feeling intention:

TASK FOCUS LIST

TIME TABLE

05:00

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

NOTES

End of Day Review

What am I feeling in this moment?

What have I enjoyed or found satisfying today?

What did I do that was important to me?

What have I observed or learned about myself today that will help me to grow?

What have I received today?