Day 1

Make space for what you need and what matters today.

Date

Groceries

What do I need to pick up or prep?

Gym

When can I make time to move?

Wellness

Which habit will I focus on today?

Mental Health

How am I feeling? What would help?

Work

What matters most at work today?

Family

What plans or commitments need time?

Day 2

Make space for what you need and what matters today.

Date

Groceries

What do I need to pick up or prep?

Gym

When can I make time to move?

Wellness

Which habit will I focus on today?

Mental Health

How am I feeling? What would help?

Work

What matters most at work today?

Family

What plans or commitments need time?

Day 3

Make space for what you need and what matters today.

Date

Groceries

What do I need to pick up or prep?

Gym

When can I make time to move?

Wellness

Which habit will I focus on today?

Mental Health

How am I feeling? What would help?

Work

What matters most at work today?

Family

What plans or commitments need time?

Day 4

Make space for what you need and what matters today.

Date

Groceries

What do I need to pick up or prep?

Gym

When can I make time to move?

Wellness

Which habit will I focus on today?

Mental Health

How am I feeling? What would help?

Work

What matters most at work today?

Family

What plans or commitments need time?

Day 5

Make space for what you need and what matters today.

Date

Groceries

What do I need to pick up or prep?

Gym

When can I make time to move?

Wellness

Which habit will I focus on today?

Mental Health

How am I feeling? What would help?

Work

What matters most at work today?

Family

What plans or commitments need time?

Day 6

Make space for what you need and what matters today.

Date

Groceries

What do I need to pick up or prep?

Gym

When can I make time to move?

Wellness

Which habit will I focus on today?

Mental Health

How am I feeling? What would help?

Work

What matters most at work today?

Family

What plans or commitments need time?

Day 7

Make space for what you need and what matters today.

Date

Groceries

What do I need to pick up or prep?

Gym

When can I make time to move?

Wellness

Which habit will I focus on today?

Mental Health

How am I feeling? What would help?

Work

What matters most at work today?

Family

What plans or commitments need time?

Weekly Reflection

Review the week before deciding what to carry forward.

Week of

What worked well?

What got in the way?

What will I keep or change next week?

What would I like to ask or share at a check-in?