My Daily Planner

SHINE FROM Within®

____/____/____

Drink 8 glasses of water

○ ○ ○ ○ ○ ○ ○ ○

TO DO LIST	PRIORITY
• _____	☐
• _____	☐
• _____	☐
• _____	☐
• _____	☐
• _____	☐
• _____	☐

NOTES:

I MOVED MY BEAUTIFUL BODY ○

I TOLD MY FAMILY I LOVED THEM ○

I BREATHED DEEPLY ○

inspiration / quotes: