

Priority Tasks for Today

(No more than 3, okay, maybe 5 but no more!)
These are things you really need to do for the day

1. _____
2. _____
3. _____
4. _____
5. _____

Less Timely To Dos

(Other things that would be nice to get to,
but there is always tomorrow.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Month _____

Day _____

Year _____


Inspiration Bible Verse • Quote • Doodle

(A little something to get you through the day)

ZagZiggy Moments Spouse • Kids • Pets, etc.

(...and the day wouldn't be complete without a little disruption)
Capture new developments that may be a good story
or impact your path for the next day!

You are worth it! Take care of you!

Water	Stress Break	Mental
(Stay hydrated - get your 8, 8-ounces glasses)		
	Take a walk...get away from your desk, out of your chair. Dance to your favorite tune. Shake, Shake, Shake it off!	Breathe (3 deep breaths) Meditate Pray