

★ Design My Day ★

Today I'm grateful for

Today I will feel

Scheduled events

Time	Event (what's already planned?)	Prepare for success (what to remember, what to take with me etc.)

Today's 3 MITs (Most Important Tasks)

1. _____
2. _____
3. _____

After my 3 MITs (if there's time...)

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

Phone calls / emails

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

