



# The Winning Day Planner

Date:

S M T W T F S

Today's Big Three Goals: *What are the three most important things you want to accomplish today?*

Why do I want to achieve this?

What specific steps do I need to take to achieve this goal?

What habits or obstacles do I need to avoid to achieve this?





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## RISE & SHINE REFLECTION

Gratitude Moment: *What are three things you're grateful for today?*

Prioritize Self-Care: *Include at least one self-care activity today to nourish your mind and body!*

Today's Focus Phrase: *Write a powerful affirmation or mantra to stay focused throughout the day!*

## END-OF-DAY REFLECTION

Good things that happened today:

Things I can do to make tomorrow better:



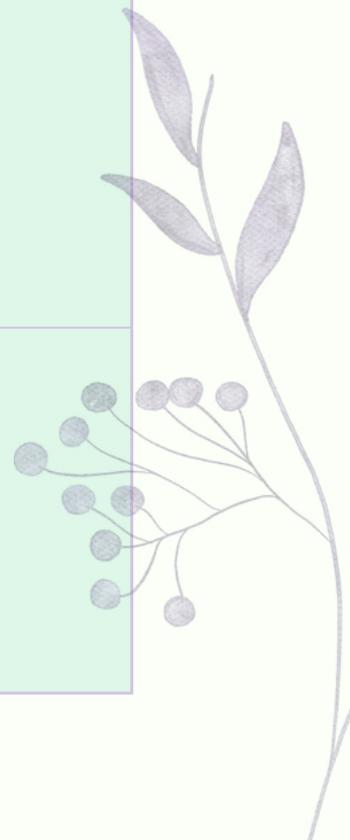


DD/MM/YYYY:

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# Monthly Vision

Finance	Career
Love	Relationships
Health	Personal Growth
Spirituality	Recreation





DD/MM/YYYY:

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# The Winning Day Planner

Long-Term Goals:

Priorities

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Reminders

Distractions

How To Avoid Them



Other Notes

