

Daily Journal

Date: _____

My Intention for today:

Big Goal for the Day

Bite the head off the frog!

Small Goals today

#IdeaJam

Dump ideas, challenges & your wants here: even if they seem out of reach~

Phone Calls to Make

Morning Plans:

8

9

10

11

12

1

2

3

4

5

Prioritized Task List

Evening Plans

Home Goals

mess is stress.

Follow ups

Financial Freedom Action Item

- ☞ Check your credit card balances*
- ☞ Cancel one subscription*
- ☞ Decrease what you owe, increase your value*
- ☞ Put \$2-5 in savings account*

Smiles are always free!

3 Gratitude Moments Today

Thank you notes to send:

www.sendoutcards.com/thestudioc

Exercise

Duration:

Type:

☞ Drink Water

☞ I have eaten well

Love Notes to Myself: I am worthy