

Daily Planner

Built for how your brain actually works.

Date

(M) (T) (W) (T) (F) (S) (S)

☀ One thing at a time

TODAY'S TOP 3 PRIORITIES

Pick 3. Just 3.

1 

2 

3 

 Time Blocks

one box, one focus

7 - 9 AM

9 - 11 AM

11 - 1 PM

1 - 3 PM

3 - 5 PM

5 - 7 PM

7 - 9 PM

 Quick Tasks

under 5 min

☐ _____ ☐ _____☐ _____ ☐ _____☐ _____ ☐ _____ Brain Dump

let it out, sort later

 Appointments

☐ _____

☐ _____

☐ _____

 Things I Might Forget☐ Water bottle☐ Phone charger☐ Keys & wallet☐ Medication Breaks

rest is productive

☐ Stretch☐ Water☐ Walk☐ Snack Done

celebrate every win

☐ _____

☐ _____