



DAILY PRACTICE PLANNER (INCL. WEEKLY REVIEW TEMPLATE)

Practice to ignite your gratitude, intention and affirmation to create your day before it starts.

Be in gratitude. Set strong intention. Activate affirmation.

This practice is made up 2 parts: A morning and evening practice.

Early Morning Practice.

To be in gratitude: As soon as possible at the start of each day, list 3 things that you are most grateful for in the moment.

I am grateful for ...

1 _____

2 _____

3 _____

To set strong intention: As soon as possible at the start of each day, list 3 things that you believe would make your today great. Be willing to stretch a little bit out of your comfort zone.

What would make today great?

1 _____

2 _____

3 _____

To activate affirmation: As soon as possible at the start of each day, affirm yourself by completing this sentence.

Today, I am ...

Late Evening Practice.

To create reflection: At the end of each day, reflect on 3 things that made your today great and list them.

Three experiences (whether big or small) that made today great were ...

1 _____

2 _____

3 _____

Weekly Work Review:

To integrate learning: Reflect on the past week at work and a project you were busy with.

What worked was...

What didn't work was...

What I would like to have seen more of is...

What I would like to have seen less of is...

My Aha moment for the week was...

