Daily Plan

S M T W T F S

Priorities

1.
2.
3.

Things to get done

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Schedule

Notes

Gratitude

HER Collected

Daily Routine

Creating structure in our lives is important in our overall productivity as well as happiness. The less we have to think about when it comes to our day-today tasks the more mental space we have when we really need it.

"Rules and routines ease our cognitive burden so we have bandwidth for creativity. Structure enhances spontaneity. And discovery reinvigorates the routine" - Jay Shetty (Think Like a Monk)

Morning

Evening

Notes

Uniform

HER Collected