



IT'S TIME

daily plan and reflection

day: _____

date: ____ / ____ / ____

THE DAILY BIG THREE

- Something Physical: _____
- Something Purposeful: _____
- Something Fun: _____

WORD OR THOUGHT FOR THE DAY



MORNING ROUTINE up by: _____

WELLNESS

- WALKING goal 10,000 steps: _____
- WATER goal 100 ounces: _____
- OXYGEN goal 10 deep breaths: _____
- SLEEP goal 7+ hours: _____

TALENT DEVELOPMENT

What am I doing today to develop my:

True Colors / Coping with Stress

Time Management

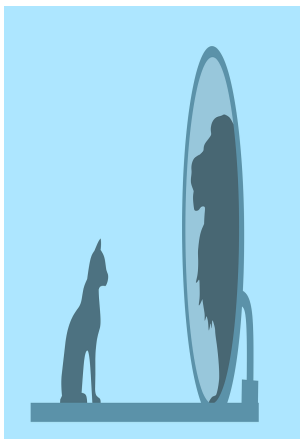
Communication Skills

Skills and Knowledge In My Field

Partners That Can Help Me (Network)

ACTION LIST

- _____
- _____
- _____
- _____
- _____



THINGS TO CELEBRATE ABOUT TODAY



REFLECTION ON NEXT STEPS TO MOVE ME TOWARD MY GOALS