

# DAILY STRUCTURE

DATE: \_\_\_\_\_

FOCUSING ON WHAT'S MOST IMPORTANT DURING UNCERTAIN TIMES.

**1.** WHAT ARE MY TOP 3 BIG-PICTURE PRIORITIES TODAY? 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**2.** WHAT 3 TASKS MUST I COMPLETE TODAY? 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**3.** WHAT TINY HABIT CAN I INCORPORATE INTO MY ROUTINE TODAY THAT MOVES ME TOWARDS MY GOALS?  
\_\_\_\_\_

**4.** HOW + WHEN WILL I CARE FOR MYSELF TODAY?  
\_\_\_\_\_

**5.** HOW + WHEN WILL I CONNECT WITH LOVED ONES TODAY?  
\_\_\_\_\_

**6.** HOW + WHEN WILL I MOVE MY PHYSICAL BODY TODAY?  
\_\_\_\_\_

**7.** I WILL FEEL REALLY GOOD AT THE END OF THE DAY IF...  
\_\_\_\_\_

**8.** WHAT AM I GRATEFUL FOR TODAY?  
\_\_\_\_\_

**9.** WHAT DO I WANT TO DO DIFFERENTLY TOMORROW?  
\_\_\_\_\_

**10.** WHAT WAS MY BIGGEST WIN TODAY?  
\_\_\_\_\_