

Day of Week:						
Top 3 tasks for today that will progress your goals						
Try to get done today						
Evening Reflection						
Today I accomplished:						
A situation that was stressful today and how I could have dealt with it or prevented it.						
Today I learned or realized...						
Was I as focused as I wanted to be and if not how can I improve?						
How did I make today meaningful?						
What did I do to bring joy to the day?						
I could have made today even better if I...						