

DAILY DOCKET

date

* TODAY'S MOST IMPORTANT THINGS *

If I get these done, everything else is gravy.

1. _____
2. _____
3. _____

INSPIRATION, MOTIVATION, ENCOURAGEMENT:

WATER - DRINK LOTS:



HOW ELSE WILL I TAKE CARE OF MYSELF TODAY?

Exercise, take a nap, write a food log, read a good book, go to bed early—the options are endless.

WHAT'S FOR DINNER?

Notes, prep tasks, reminders, and the like:

TODAY'S DOCKET

Write only ten things—why try to do more? You'll be discouraged.

- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____

WORK DETAILS

Whatcha working on?

- _____
- _____
- _____
- _____
- _____

Notes:

TOMORROW

Sometimes things for today get pushed to tomorrow. Totally okay.

SOMETIME THIS WEEK

Just as long as it gets done, right?

NOTES