

RESET Daily Plan

DATE: / /

MAIN TASK 1:

EST. TIME: _____

REWARD: _____

MAIN TASK 2:

EST. TIME: _____

REWARD: _____

MAIN TASK 3:

EST. TIME: _____

REWARD: _____

AGENDA / APPOINTMENTS:

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	LUNCH
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	DINNER
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

OTHER TASKS:

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

EVERYDAY PATTERNS:

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

THINGS I'M GRATEFUL FOR & GET TO ENJOY TODAY:

- _____
- _____
- _____
- _____
- _____

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AGENDA / APPOINTMENTS:

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	LUNCH
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	DINNER
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

OTHER TASKS:

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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