

An
Inspired
Life

Day Planner & Workbook

give yourself permission to
aim high in life.

take time to dream and plan.

*Your playing small does not serve the world.
your living large-your being your true self despite
fear, doubt, and oppression- will serve the world more
than you can imagine. In fact, it may help save it.*

Marianne Williamson



DREAMS & VISIONS

Write or draw them here!

GOALS

Health: _____

Wealth:

Relationships:

GRATITUDES

I am grateful for:



I am at the right place at the right time.

Week of _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

Soul/Self Care Check ✓

- Pray and/or Meditate
- Physical Activity
- Vitamins/Supplements
- Water intake 64oz +
- Review my Gratitudes

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8:00 _____	8:00 _____	8:00 _____
9:00 _____	9:00 _____	9:00 _____
10:00 _____	10:00 _____	10:00 _____
11:00 _____	11:00 _____	11:00 _____
12:00 _____	12:00 _____	12:00 _____
1:00 _____	1:00 _____	1:00 _____
2:00 _____	2:00 _____	2:00 _____
3:00 _____	3:00 _____	3:00 _____
4:00 _____	4:00 _____	4:00 _____
5:00 _____	5:00 _____	5:00 _____
6:00 _____	6:00 _____	6:00 _____
7:00 _____	7:00 _____	7:00 _____
8:00 _____	8:00 _____	8:00 _____

This Week:

Goals / Desires / Intentions _____

Tasks / To Dos _____

Affirmations I am: _____

Go for it now, the future is promised to no one. Dr Wayne Dyer

THURSDAY

FRIDAY

SATURDAY

Soul/Self Care Check ✓

- Pray and/or Meditate
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SUNDAY

prayer/meditation

10:00 _____
12:00 _____
2:00 _____
4:00 _____

Action plan _____

Accomplishments/Successes _____

Notes:

DREAMS & VISIONS

Write or draw them here!



GOALS

Health: _____

Wealth: _____

Relationships: _____

GRATITUDES

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TUESDAY __

Soul/Self Care Check ✓

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- Water intake 64oz +
- Review my Gratitudes

WEDNESDAY __

Soul/Self Care Check ✓

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- Physical Activity
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Motivation is like a fire,
unless you continue
to add fuel to it,
it will go out.

W. Clement Stone

This Week:

Goals / Desires / Intentions _____

Tasks / to Dos _____

Affirmations I am: _____

Always. Unconditionally. Follow your own heart.

THURSDAY

FRIDAY

SATURDAY

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Action plan _____

Accomplishments/Successes _____

SUNDAY
prayer/meditation

10:00 _____

12:00 _____

2:00 _____

4:00 _____

Notes: