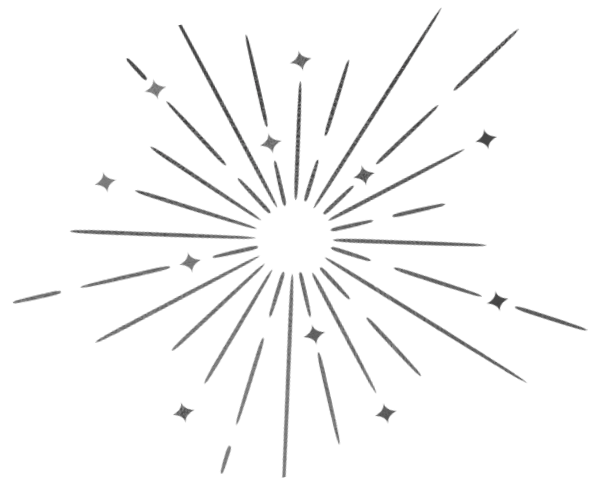


Stay My Day PLANNER



WAKE UP ROUTINE

- ☐ No scroll! No phone in the first 15 minutes
- ☐ Hydrate! Start with a big glass of water
- ☐ Move! Get outside for fresh air and daylight
- ☐ Tidy! Air bedroom and make bed
- ☐ Plan! Complete your planner for the day

TOP GOAL TASKS

- _____
- _____
- _____
- _____
- _____

SLOW DOWN ROUTINE

- ☐ Unwire...No caffeine after 3pm
- ☐ Digest...Last meal 2+ hours before bed
- ☐ Dim...Lower the lights and phone brightness
- ☐ Unwind...no work 1+ hour before bed
- ☐ Repeat...Go to bed the same time every day

I AM GRATEFUL FOR...

QUICK WIN TO DO'S

- _____
- _____
- _____
- _____
- _____

REFLECTIONS ON THE DAY