



BALANCING  
AKT

# Balanced 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

