DAY _____

6 AM _____
6:30 AM _____
7 AM _____
7:30 AM _____
8 AM _____
8:30 AM _____
9 AM _____
9:30 AM _____
10 AM _____
10:30 AM _____
11 AM _____
11:30 AM _____
12 PM _____
12:30 PM _____
1 PM _____
1:30 PM _____
2 PM _____
2:30 PM _____
3 PM _____
3:30 PM _____
4 PM _____
4:30 PM _____
5 PM _____
5:30 PM _____
6 PM _____
6:30 PM _____
7 PM _____
7:30 PM _____
8 PM _____
8:30 PM _____
9 PM _____

Electronics Off

Top 3

1 _____

2 _____

3 _____

Tasks

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Gratitide & Joy Today

1 _____

2 _____

3 _____

EXCELLO
Excelling from within.
403.586.4830 excello.ca
jeannette@excello.ca

Brain Dump

Self Care Today

Today I will .....

..... to take care of me.

You can't fill others from an empty cup.