

MY IDEAL DAY

What does your ideal day look like? Planning out your perfect day will serve as a guide. Be flexible and leave a little room for magic -- but reference this framework as you prioritize how to spend your time to curate a productive life full of joy.

I want to feel:

My ideal form of movement:

I want to eat & drink:

Tasks I must complete:

Self-care activities to enjoy:

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Morning Routine



Evening Routine

