COSMIC ATMAN · DAILY PLANNER

Today

Date: ____ / ____ / _____

HOW I FEEL THIS MORNING

1 2 3 4 5 energy

1 2 3 4 5 calm

I SLEPT

_____ hours · woke up at _____

Sleep is the foundation of the day. Note it, without judgement.

TODAY'S SCHEDULE

06:00
07:00
08:00
09:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00
22:00

The three important things

- [ ] _____
- [ ] _____
- [ ] _____

Water

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Tick a glass each time you drink one.

Caring for my body

- [ ] 20 minutes of movement
- [ ] time outside, in daylight
- [ ] a calm meal, without a screen
- [ ] 5 minutes of breathing or quiet

Gratitude

_____

_____

_____

In the evening, before sleep

What went well today? What do I leave for tomorrow?

_____

_____