

# DAY BY DESIGN

## DAILY OBJECTIVES:

GROWTH GOALS:	WORK GOALS:	RELATIONSHIP GOALS:

## MIDDAY CHECK IN:

*How is my day going so far? How am I thinking/feeling as a result? What changes should I make to create different outcomes?*

## END OF DAY REVIEW:

*What achievements, experiences and results am I grateful for today? What do I wish had gone differently? What should I focus on tomorrow?*

### MEASURING YOUR DAY:

	YESTERDAY	TODAY'S GOAL
Hours of sleep:		
Time spent in physical activity:		
Time spent working:		
Time spent with partner/family:		
Time spent on hobbies/fun:		

### DAILY CHECKLIST:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MEAL TRACKER:

BREAKFAST:	
SNACK:	
LUNCH:	
SNACK:	
DINNER:	
SNACK:	

## END OF DAY REFLECTIONS: