

My Daily Planner

Today's Tasklist

I am grateful for

Best Thing That Happened Today

People I am thankful to

Hard lessons I have learnt today

How Could I Have Made Today Better

My Daily Affirmation

One simple daily discipline

My Goal Today

Fitness

Meditation

Sleep

Call family/friend

Today's act of kindness

Healthy Food Including Breakfast

Hydration

My Reminders

MY HEALTHY & HAPPY PAGE

Date _/ _/ _

Eat healthy nutritious food and remain hydrated.



Find joy in simple things.



Value time. Do not procrastinate.



Begin your day with a happy thought.



Exercise and Meditate



Have a relaxing adequate sleep



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Today's Thought Of The Day

***DIFFICULTIES AND SETBACKS
BRING FORTH HIDDEN TREASURES
FROM WITHIN.***

***When we master the art of
remaining stable even in the most
negative situations,
we learn how to use the treasures
hidden within us. Our mind is no
longer disturbed by negative
thoughts and we find it easy to
face and learn from each
situation as it arrives.***



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