

# my daily plan

TODAY'S DATE

## TOP TASKS

1.

2.

3.

## THINGS I CAN DELAY

## CHECK IN WITH MYSELF

- READ MY BIBLE
- SPEND TIME IN PRAYER
- DAILY EXERCISE
- HOW AM I FEELING?

Rate your mood and write down your thoughts, feelings and anything that is worrying you?

## WHO CAN I CONNECT WITH TODAY?

## TODAY I AM GRATEFUL FOR ...

May the God of hope fill you with all joy and peace as you trust in him,  
so that you may overflow with hope by the power of the Holy Spirit.  
- Romans 15:13