

# MY SHINING DAY

## SCHEDULE

9:00

9:30

10:00

10:30

11:00

11:30

12:00

12:30

## LUNCH

2:00

2:30

3:00

3:30

4:00

4:30

5:00

5:30

## NOTES

## MOST IMPORTANT TASKS



## DAILY INSPIRATION

## THINGS TO DO EVERYDAY



LEARN SOMETHING NEW



CONNECT WITH OTHERS



EAT SOMETHING GREEN



MEDITATE



MAKE OR CREATE SOMETHING



MOVE MY BODY

## DRINK 8 GLASSES OF WATER

