

# 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

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## 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

