Daily How Low Lemplate

Shape Your Days with Clarity and Joy

Begin each day by centering yourself. Set an intention that aligns with your core values and reflects how you want to feel throughout the day.

Identify the key responsibilities that truly matter, practice at least one act of self-care, and make space for joyful moments, creative sparks, or errands that need tying up.

End each day by reflecting on your progress, noting lessons learned, and deciding what to carry forward.

Use your Weekly Reflection sheet to step back and see the bigger picture. Celebrate your wins, acknowledge moments of joy, and capture insights that can shape the week ahead. Note what worked well, where you'd like to improve, and set a theme or top priorities for the coming days. This ritual helps you move through your weeks with intention, building on what serves you, and gently letting go of what doesn't.

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Monda	ay Morning Intention:
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Top 3	Priorities:
Self-C	Care Moment:
Somet	thing that brings majory
Somet	thing that brings me joy:
•••••	
Other	thoughts / errands / ideas:
Evenin	ng Reflection:
	is reflection.

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Tuesday	y Morning Intention:
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Top 3 P	Priorities:
Self-Ca	are Moment:
Someth	ning that brings me joy:
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Other t	choughts / errands / ideas:
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Evening	Reflection:

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Wednesday Morning Intention:		
Top :	3 Priorities:	
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Self-	Care Moment:	
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Some	ething that brings me joy:	
Othe	er thoughts / errands / ideas:	
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•••••		
Eveni	ing Reflection:	



Thursday Morning Intention:		
Top:	3 Priorities:	
S ₀ 1£	-Care Moment:	
3611-	-Care Moment:	
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Some	ething that brings me joy:	
Join	cening that brings me joy.	
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Othe	er thoughts / errands / ideas:	
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Even	ing Reflection:	
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Frida	y Morning Intention:
Top 3	3 Priorities:
Self-	Care Moment:
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Some	ething that brings me joy:
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Othe	er thoughts / errands / ideas:
Eveni	ing Reflection:
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Saturday Morning Intention:
Top 3 Priorities:
Self-Care Moment:
Sen-Care Moment:
Something that brings me joy:
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Other they after / arrande / ideas
Other thoughts / errands / ideas:
Evening Reflection:

Weekly Reflection & Reset 3

"We do not learn from experience. We learn from reflecting on experience." John Dewey

Highlights of the Week	
Biggest Win of the Week:	
Moments That Brought Me Joy:	
New Ideas or Insights;	
What Worked Well	•••
My Most Productive Habit:	
A routine I want to keep:	
A connection I valued:	
What I'd Like to Improve	
One thing I want to do differently?	
A habit to adjust or let go	
A challenge I can prepare for	
Gratitude Notes	•••
	•••
Theme or Focus for Next Week	
	••