DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

DAILY ROUTINE
☐ DAILY PLANNING
☐ WRITING/JOURNALING
☐ BE GRATEFUL
☐ LEARN SOMETHING
☐ DO SOMETHING FUN
☐ READ 30 MINUTES
☐ WORK OUT 30 MINUTES
☐ END OF DAY REFLECTION
☐ VISUALIZE/MEDITATE
HYDRATE: ☐☐☐☐☐☐
BREATHE: ☐☐☐ | ☐☐☐
MOVE: ☐☐☐ | ☐☐☐
5 MIN BREAK: ☐☐☐☐☐

PRINTING DIRECTIONS: PRINT OUT ON STICKER PAPER AND CUT THE DOTTED LINES USING SCISSORS OR A TRIMMER. DIMENSIONS OF EACH STICKER ARE APPROXIMATELY **1.9 ” X 2”** AND DESIGNED FOR THE STUDENT EDITION PLANNER BY PLUM PAPER. MORE FREE PRINTABLES AT REVELRYINKBLOG.COM ☺