



24 HOUR PLAN

Date: _____

Don't just focus on the finish line - Learn to LOVE THE PROCESS

Strive to be a little bit **#bettereveryday**

Breakfast:
Time:

Previous Night's Sleep:	Water:
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Daily Movement:

Lunch:
Time:

3 Things I'm Grateful for Today:
1.
2.
3.

Dinner:
Time:

3 Prayers/Meditations:
1.
2.
3.

Snacks:

3 Tasks to Accomplish Today:
1.
2.
3.

Daily Plan Review:
