



FLOW STATE-MOM

Daily Planner

DATE: _____

S M T W T F S

TODAY'S FOCUS: _____

Goal and Priorities

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TASK	DELEGATED TO	DEADLINE	STATUS
			Pending In Progress Complete
			Pending In Progress Complete
			Pending In Progress Complete
			Pending In Progress Complete

SELF-CARE PRIORITIES

ENERGY CHECK-IN:

Depleted Low Moderate Good Excellent

TODAY I NEED:

Movement Rest Connection Solitude Creativity Nourishment

SELF-CARE NON-NEGOTIABLE:

(Even 5 minutes counts - what's the ONE thing you'll do for yourself today?)

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MEAL PREP



BREAKFAST:

LUNCH:

DINNER:

QUICK-WIN OPPORTUNITIES

Under 10 minutes but deliver high impact

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MEETING SCHEDULE (FAMILY & WORK)

TIME	MEETING/APPOINTMENT	PREPARATION NEEDED

DECISION LOG

Important decisions made & their outcomes

DECISION	OUTCOME	FOLLOW-UP NEEDED?
		Yes No
		Yes No
		Yes No
		Yes No

WINS & CELEBRATIONS

Record achievements for today

- ☐ _____
- ☐ _____
- ☐ _____

TOMORROW'S ADVANCE PREP

What can you do today for tomorrow?

- ☐ _____
- ☐ _____
- ☐ _____

WEEKLY OVERVIEW

SUN	MON	TUE	WED	THURS	FRI	SAT