

**Life Themes:**



1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_  
5 \_\_\_\_\_

**Mantra or Purpose Words:**

\_\_\_\_\_

**Miracle Morning Routine:** *(color coded bullets)*

O \_\_\_\_\_  
O \_\_\_\_\_  
O \_\_\_\_\_  
O \_\_\_\_\_  
O \_\_\_\_\_  
O \_\_\_\_\_  
O \_\_\_\_\_

**Weekly Check-in With Yourself**

*Review your life themes for this year. Look back over your week. How well did you live your intentions? What feelings surrounded you this week related to each theme? Plan and adjust for next week.*

	<b>Supporting</b>	<b>Detracting</b>	<b>Feelings</b>	<b>Plan</b>
1				
2				
3				
4				
5				

# WEEKLY PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rise:						
○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Morning						
Mid-day						
Night						
Bed:						
Notes:						

*How we spend our days is, of course, how we spend our lives. Annie Dillard*