

Intentional Learner Daily Plan

“Knowing is not enough, we must apply. Willing is not enough, we must do.”

Date:	
Time	Activity/Assignments

TO DO	TO BE

Daily Wellness Workouts: choose areas to strengthen

MIND	BODY	SPIRIT
<input type="checkbox"/> Thought training <input type="checkbox"/> Mindfulness practice <input type="checkbox"/> Manage stress & anxiety <input type="checkbox"/> Keep a journal <input type="checkbox"/> Talk to someone	<input type="checkbox"/> Rest/Sleep <input type="checkbox"/> Eat well/Hydrate <input type="checkbox"/> Exercise/Sports 	<input type="checkbox"/> Practice meditation <input type="checkbox"/> Practice kindness <input type="checkbox"/> Practice gratitude <input type="checkbox"/> Volunteer/Serve <input type="checkbox"/> Connect with friends and family

Today, I feel...	Self-check	My Energy Level
		