

What are your plans for today?

Date:

Routine	Productive tasks for today
<p>Try and structure your day...</p> <ol style="list-style-type: none">1. Get dressed2. Breakfast3.4. Lunch5.6. Dinner	<p>Two tasks I would like to complete today ...</p> <ol style="list-style-type: none">1.2. <p>Productive tasks tomorrow Make plans for tasks I can do tomorrow ...</p> <ol style="list-style-type: none">1.2.
Self – care plan	Gratitude
<p>Identify two things today that will enhance my self-care</p> <ol style="list-style-type: none">1.2.	<p>Today I am grateful for ...</p> <ol style="list-style-type: none">1.2.