YOUR DAILY Manifestation PLANNER

THRIVEMIND ACADEMY

To-Do List

Date:

Task Name	Due Date	Done?

Daily AFFIRMATION

DAILY POSITIVE AFFIRMATION

TOP GOALS FOR TODAY

-
-
-

TODAY'S NOTES

TODAY, I AM GRATEFUL FOR:

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

Date: _____

Who Is The New You?

Old Me	New Me

MANIFESTATION

BRAINSTORMING

END RESULT BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR DESIRE...

MY END RESULT:	
STOP DOING	
DO LESS OF	
KEEP DOING	
DO MORE OF	
START DOING	

WEEKLY REVIEW

MY BIG WINNINGS

1 _____
2 _____
3 _____

MY BIG ACHIEVEMENTS

1 _____
2 _____
3 _____

HIGHLIGHTS

_____
_____
_____

LESSONS I LEARNED

_____
_____
_____

WHAT WORKED

_____
_____
_____
_____
_____
_____
_____
_____

WHAT I'LL STOP DOING

_____
_____
_____
_____
_____
_____
_____
_____

IMPROVEMENTS TO MAKE FOR NEXT WEEK

_____
_____
_____
_____
_____

WEEKLY DOMINANT THOUGHTS

FOR EACH DAY, WORK OUT A ROUGH ESTIMATE ON THE PERCENTAGE OF THOUGHTS THAT BEGAN OR ENDED ON OR FROM THE END RESULT. AT THE END OF THE WEEK, ADD THE PERCENTAGES TOGETHER AND THEN DIVIDE BY THE AMOUNT OF DAYS ADDED TO FIND OUT YOUR WEEKLY END RESULT THOUGHT AVERAGE

MONDAY →

TURSDAY →

WEDNESDAY →

THURSDAY →

FRIDAY →

SATURDAY →

SUNDAY →

WEEKLY AVERAGE →

TIME MANAGEMENT

IMPORTANT, URGENT

IMPORTANT, NOT URGENT

NOT IMPORTANT, URGENT

NOT IMPORTANT, NOT URGENT

IMPORTANT - PROGRESSION OF A LIFE GOAL

URGENT - SOMETHING THAT REQUIRES IMMEDIATE ATTENTION

IMPORTANT + URGENT - DO IT ASAP

IMPORTANT + NOT URGENT - SCHEDULE IN TIME TO ACCOMPLISH IT

URGENT + NOT IMPORTANT - DELEGATE WHERE POSSIBLE OR DO IT ASAP

NOT IMPORTANT + NOT URGENT - BIN IT OFF ENTIRELY, DELEGATE OR DO IT WHEN YOU HAVE DONE EVERYTHING ELSE AND HAVE SPARE TIME