



2019 REFRESH

*Declutter
your Mind*

GET ORGANIZED

THEBOLDBALANCEDLIFE.COM

Master List

CATEGORY	PROJECT	ACTION

Day Planner

S M T W T F S

DATE:

MOST IMPORTANT TASKS:

APPOINTMENTS:

TO-DOS:

HYDRATION:



NOTES/AFFIRMATIONS:

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MEAL PLAN:

B:	
S:	
L:	
S:	
D:	

FITNESS:

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REWARD/SELF CARE:

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TODAY I'M GRATEFUL FOR:

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TODAY'S WINS:

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