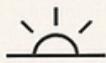


EMOTIONALLY INTELLIGENT WORKDAY PLANNER

Clarity | Connection | Calm | Conviction



MORNING: Thought Calibration

Affirmation of the Day: _____

Guiding Thought (What I believe today): _____

Top 3 Priorities: _____

1. _____ 2. _____



MIDDAY: Emotional Check-In

What am I feeling right now? _____

Why am I feeling this? _____

What do I need to adjust (*internally or externally*)?

Pace

Perspective

Posture

Plan

Notes: _____

REMINDER

Protect Your Peace

“My worth isn't
measured by output.”

“Every pause
is a strategy.”

“Emotional clarity is
my leadership edge.”

“What I believe,
I become.”



AFTERNOON: Boundary + Belief Renewal

Did I honor my energy? Yes No

Was this task aligned with my core values? _____

Thought to release before closing this task: _____



END OF DAY: Reflect + Release

What felt most emotionally congruent today? _____

What felt misaligned or draining: _____

One micro-shift I'll make tomorrow: _____

End-of-Day Affirmation: _____

I Choose to Thrive!