Daily Plan of Attack Today’s date:

Do you have any class or other meetings today? List them below:

**Today’s Priority List:** (make goals reachable and specific):

1)

2)

3)

**Other items to do:**

**Today’s Potential Distractions Strategy for Minimizing Distractions**

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Self-care plan for today (exercise, breaks, diet, hydration):

Today I am grateful for: