

My Daily Theme

OVERALL THEME FOR THE WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Sage Grayson

LIFE EDITOR

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My Daily Theme

Thank you for downloading the My Daily Theme worksheet from <http://sagegrayson.com>. Choosing a daily theme can add meaning to your day and make you more productive.

Instructions

- Look at your calendar and planner, then think about the following questions.
 - What tasks do you need to complete?
 - Who are you meeting with?
 - How do you want to feel as you go through your day?
- Next, pick a word or phrase that matches the type of day you want to have. Some examples are "proceeding imperfectly," "open and allowing," or even "kick-ass Superwoman!"
- Use this worksheet as a visual reminder that you can hang on your wall, bathroom mirror, refrigerator door, or anyplace you need a pick-me-up.



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

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