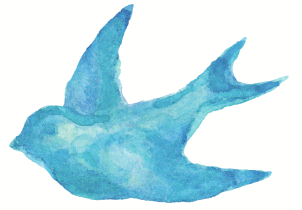


BE FREE Anxiety Busting DAILY PLANNER



DATE: _____

HOW DO I WANT TO FEEL TODAY?

TODAY'S AFFIRMATION IS...

TODAY'S TOP 3 PRIORITIES ARE:

HAVE YOU MOVED YOUR BODY? Y/N

BREAKFAST:

LUNCH:

DINNER:

	:00	:30
6AM		
7AM		
8AM		
9AM		INHALE PEACE
10AM		
11AM		
12PM		
1PM		HAVE I BEEN OUTSIDE?
2PM		
3PM	DRINK WATER	
4PM		
5PM		
6PM	EXHALE CALM	
7PM		
8PM		



zzZ 3 THINGS YOU ARE GRATEFUL FOR:

 You got this! Be Free Beautiful!