



Great Day

 Datum @December 20, 2023 → December 23, 2023

▼ Great Day @December 26, 2023

Morning

Oura Sleep Check

Focus Goals

What are the things give me an energy boost, make me feel good, fill me with happiness, joy and passion today? (max 6)

1.

Daily Play Plan

What does my Day look like?

Time	Fun Activity	Done
06:00		
07:00		
08:00		
09:00		
10:00		
11:00		
12:00		
13:00		
14:00		
15:00		
16:00		

Time	Fun Activity	Done
17:00		
18:00		
19:00		
20:00		
21:00		
22:00		
23:00		



Notes

What else do I want to capture?

Night 🌙

😊 How did my day go? (1 -7)



Realizations

What did I learn?



Optimization

What do I want to improve?



Gratitude

What am I grateful for?

1.

Achievements

What are the wins of the day?

1.

Ideas

Which Ideas did I have?