

COACH EDIT BY FIRESIDE INSIGHTS

DAILY GOAL PLANNER

**BUILD YOUR ROADMAP
TO SUCCESS ONE DAY
AT A TIME**

Goal-Setting
Self-Care Tasks
To-do Lists
Daily Affirmations

IGNITING SUCCESS ACROSS INDUSTRIES

Recommended Use:

1. Begin each day by making note of your daily goals
2. What tasks do you need to accomplish to reach your goals? Add these to your to-do list.
3. Make sure to take care of yourself by writing a self care task for yourself to complete today.
4. After outlining what you need to do for the day, kickstart your day on a positive note by completing the daily affirmation.
5. As the day goes by, track any follow-up tasks and take notes in the space provided.
6. Reach your goals!



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DAILY PLANNER

Date:

TO-DO LIST

FOLLOW-UP LIST:

GOALS

SELF-CARE TASK

NOTES

I HAVE THE
POWER TO...

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GOALS

DAILY PLANNER

Date:

TO-DO LIST

SELF-CARE TASK

NOTES

FOLLOW-UP LIST:

-
-
-
-
-

I AM MOTIVATED
BY...



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GOALS

DAILY PLANNER

Date:

TO-DO LIST

SELF-CARE TASK

NOTES

FOLLOW-UP LIST:

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-
-
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-

I AM THANKFUL
FOR...



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GOALS

DAILY PLANNER

Date:

TO-DO LIST

SELF-CARE TASK

NOTES

FOLLOW-UP LIST:

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I AM CONFIDENT
ABOUT...



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DAILY PLANNER

Date:

GOALS

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TO-DO LIST

SELF-CARE TASK

NOTES

FOLLOW-UP LIST:

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I WILL
PERSEVERE
THROUGH...

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GOALS

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DAILY PLANNER

Date:

TO-DO LIST

SELF-CARE TASK

NOTES

FOLLOW-UP LIST:

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I AM EXCITED
ABOUT...



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DAILY PLANNER

Date:

TO-DO LIST

FOLLOW-UP LIST:

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GOALS

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-
-
-

SELF-CARE TASK

NOTES

I HAVE
ACCOMPLISHED...