




Living Well Inside-Out

A Page for Purposeful Planning

Date: _____

 **My Mindset...** Approach, Attitude & Awareness:

1. _____
2. _____
3. _____

 **Domestic Duties for the Day.**

- _____
- _____
- _____
- _____

 **Nourishment Notes...** food & drink:

AM:

Noon:

PM:


 **Made to Move...** today's fitness focus

- Sweat
- Stretch
- Strengthen

 **Notes:**


Soul Scribbles for My Day:

 **Bible Memory Verse...** my mind's meditation:

 **Today's Prayers...** my soul's whispers in His ear:

 **The Day's Doxology...** my heart's song of thanks & praise:

- _____
- _____
- _____

 **Today's Draft...** my hand's doings & duties

Beginning:

Middle:

End:
