

WATER

Make sure you drink about 1.2 litres (six to eight glasses) of fluid every day to allow your body to work properly and avoid dehydration.



MORNING MOBILISERS®

Build up gradually to 5 or 10 minutes every day. Choose a Morning Mobiliser from my free guide or do your own! Download your free copy at www.karenchappell.org.

Today's morning mobiliser:



GRATITUDE

What are you grateful for today?

“

”

GET IN TOUCH

Who would you like to contact today?

1 Name _____

Notes _____

2 Name _____

Notes _____

3 Name _____

Notes _____

GOALS

What would you like to achieve today?

1 _____

2 _____

3 _____

PAUSE FOR BREATH

Set an alarm, stop and take a break.

am. pm.



NOTES/REMINDERS/IDEAS

Get it off your mind, jot it down here!

REFLECTION

Reflect on your day. What was good or bad?
What would you change?

“

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Daily planner®   