

Daily Tasks/Goals 7-Day Bullet Journal Template

Week of: _____



What do you need to do every day? What do you want to do today? What are your daily goals?

Some people have certain things they need or want to do every day (or at least regularly), like water the plants, eat a well-balanced diet, walk the dog, take medication, take time to read, or stretch, or call a friend.

Take a moment to think about what things you would like to do, or what you need to do every day, then do them!

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Weekly Habit/Goal/Intention:

Daily Tasks/Goals:		M	T	W	Th	F	S	Su
Physical/Nutritional:								
Mental/Intellectual/ Spiritual/Creative:								
Social:								
Professional Goals/ Appointments:								
Personal Goals/ Appointments:								
Housework/Chores:								