

INTENTIONAL HEALTH DAY PLANNER.

PRODUCED BY GABRIELLE FECTEAU, MSW

© Soar Above Counselling—January 2020



INTENTIONAL HEALTH DAY PLANNER.

My intention for today.

Day.

S M T W T F S

Energy level. ()
1-10

≧ Taking care of your health is the most meaningful work you can do. ≦

REMINDER

Breathe IN
1 2 3 4
Breathe OUT
1 2 3 4

How do I choose to FOCUS my ENERGY?

1. _____
2. _____
3. _____

How do I choose to LIVE my BEST day yet?

REVIEW. ★	MY DAY.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	PLAN B. ★									

NOTES:

What moments do I choose to CELEBRATE?

≧ Remember your why. Celebrate your reasons. Live your life for you. ≦



INTENTIONAL HEALTH DAY PLANNER.

My intention for today.

Day.

S M T W T F S

Energy level. (1-10)

≥ Taking care of your health is the most meaningful work you can do. ≤

REMINDER

Breathe IN
1 2 3 4

Breathe OUT
1 2 3 4

How do I choose to FOCUS my ENERGY?

1. _____
2. _____
3. _____

How do I choose to LIVE my BEST day yet?

MY DAY.	□	□	□	□	□	□	□	□	□
	★								
	PLAN B.								
REVIEW.									

NOTES:

What moments do I choose to CELEBRATE?

≥ Remember your why. Celebrate your reasons. Live your life for you. ≤



The **Intentional Health Day Planner** was designed for individuals who want to live life to its fullest despite facing health concerns. It is meant to invite you to live with intention.

- 1** Choose an intention for your day. Think about what you would like to bring into your life and what you need most in this moment. Joy. Love. Giving. Acceptance. Help.
- 2** Write the date. It will be important when reflecting back on your week, month, or year.
- 3** We do not start every day with the same level of energy. Be honest when evaluating your energy level for the day—it will allow you to plan accordingly.
- 4** Breathe. Before scheduling every minute of your day... stop, take a slow mindful breath.
- 5** Choose 3 goals for today that allow you to live according to your intention. Make each goal specific and manageable. These goals must reflect your energy level for the day. On days with lower energy levels, pencil in your goals—there are no expectations.
- 6** Write the 10 hours of your “active” day in the calendar boxes. If you are planning for a break during your day, indicate it by filling in the dotted line. Rule of thumb: keep it real—do no schedule yourself before you are fully awake and after you get extra exhausted.
- 7** Schedule your goals and other activities in the “My day” section of the day calendar.

- 8** Schedule reminders in the “★” section of the day calendar. This can include medications, calls, physio exercises, etc.
- 9** Schedule possible alternatives to your original plans in the “Plan B” section of the day calendar. This will allow you to plan for the unexpected. Things to keep in mind—possible drops in energy, cancelled social plans, etc. As you know yourself best, you can schedule possible alternative plans based on barriers you most often face.
- 10** At the end of each day, review your day with care. Write in the “Review” section of the day calendar details about how you spent your day. There is no room for judgement during this exercise. Instead, be curious. The goal is to learn about yourself and explore opportunities to live a more intentional life.
- 11** The most important section of this day planner is the following: “What moments do I choose to celebrate?” Take a few minutes to answer this question with honesty and love. As it is not always easy to face today, but it is important to highlight the joy it gave us.
- 12** Lastly, the “Notes” section of the day planner is meant to provide you with a space to keep track of other thoughts, ideas, questions and plans. Keep this section available for any distractions that might come up during your day that you are unable to tend to in the moment. Review the section as needed to help plan your next few days or weeks.

NOTE: If you have any questions or suggestions, please email Soar Above Counselling at info@soarabovecounselling.ca or visit our website at www.soarabovecounselling.ca.



INTENTIONAL HEALTH DAY PLANNER.

My intention for today.

*Add some joy to my life.
Laugh out loud. Play hard.*

Day. *August 17, 2020*

S M T W T **F** S

Energy level. 6
1-10

≧ Taking care of your health is the most meaningful work you can do. ≦

REMINDER

Breathe IN
1 2 3 4
Breathe OUT
1 2 3 4

How do I choose to FOCUS my ENERGY?

1. *Buy a new book (preferably with a funny storyline) with coffee.*
2. *Declutter the clothes in my closet.*
3. *Join mom at studio for afternoon hot yoga.*

How do I choose to LIVE my BEST day yet?

	9	10	11	12	1	2	3	4	8	9
MY DAY.		<i>Declutter.</i>				<i>Yoga.</i>			<i>Book</i>	
★ PLAN B.	<i>★Meds.</i>		<i>★Meds.</i>			<i>Yoga @ home.</i>	<i>★Rehab.</i>		<i>★Meds.</i>	
REVIEW.		<i>Declutter.</i>	<i>Groceries.</i>		<i>Yoga.</i>				<i>Book (online).</i>	

NOTES:

- Pay bills tomorrow.*
- Find recipe for vegan mac and cheese.*
- Call sister to wish her happy birthday.*

What moments do I choose to CELEBRATE?

*Quality time with my mother.
The latest Graeme Simsion book — The Rosie Result.
Chocolate (as an impromptu purchase).*

≧ Remember your why. Celebrate your reasons. Live your life for you. ≦

