



How To Use The *Awareness* Planner:

- * *Print* it out.
- * *Tuck* it into your planner. (There's a double version that fits better into smaller planners.)
- * *Fill* it in. (This is a great exercise to do every night, especially when you're feeling overwhelmed and haven't been keeping up with your planner or your to-do's.)
- * *Color* it in. (This will help you find your Zen, especially when you don't feel like writing.)
- * *Share* it. (Tag @makeyourperfect on Instagram. Use hashtag #awarenessplanner.)

Don't have a planner? No worries. Use this instead. You'll get so much more out of becoming aware of the status quo than forcing yourself to push on toward the unknown future.

Read more about the importance of awareness at <http://makeyourperfect.com/?s=awareness>

I plan..to practice awareness.

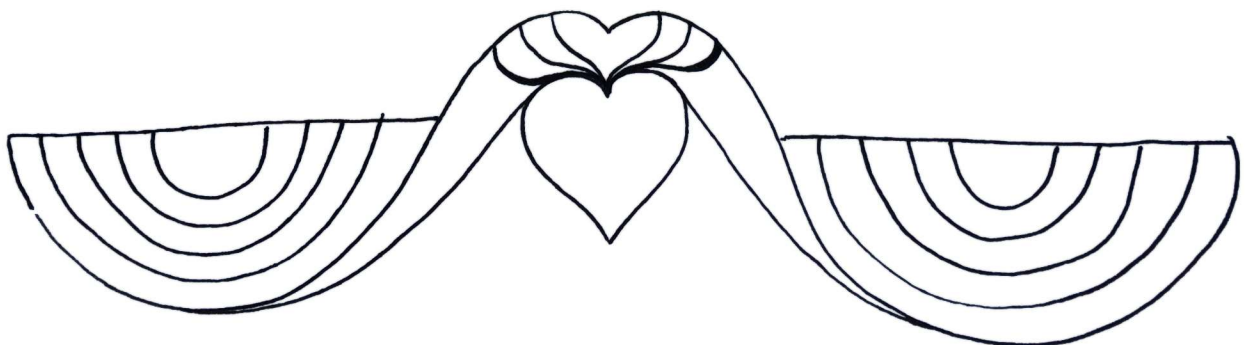
What I *did* today:

What feels really *good* right now?

What kind of *sucks* right now?



What made me feel *balanced* today?



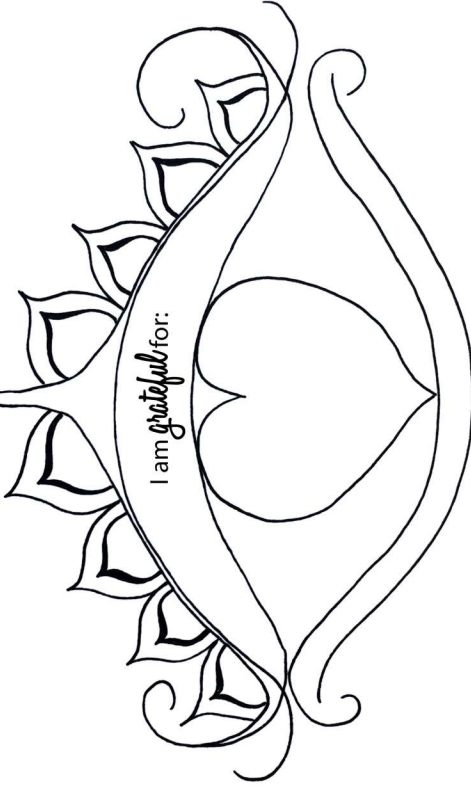
I plan...to practice *awareness*.

What I *did* today:

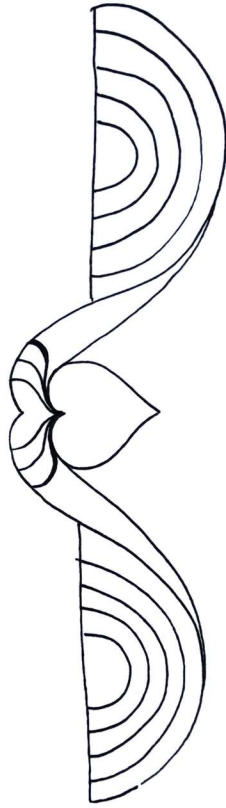
What feels really *good* right now?

What kind of *sucks* right now?

I am *grateful* for:



What made me feel *balanced* today?



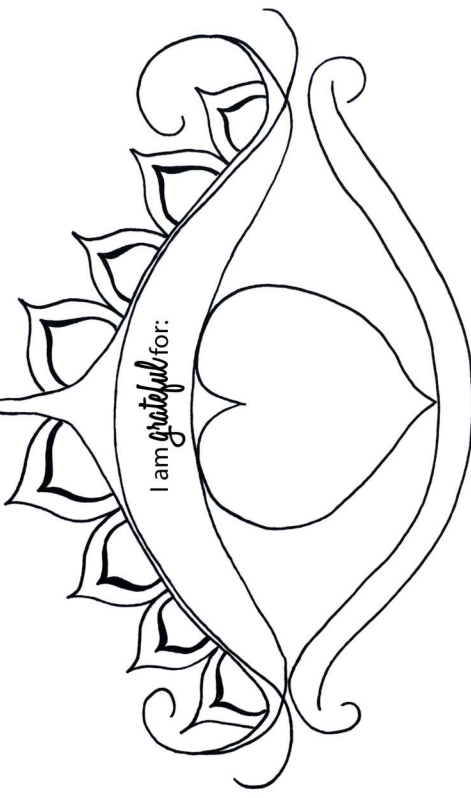
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