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## Daily Life Balancing Guide

Date: \_\_\_\_\_ Day: \_\_\_\_\_

Rising Time/Mood : \_\_\_\_\_

□ □ □ □ □ Goals for the Day:

Exercise: \_\_\_\_\_

Profession: \_\_\_\_\_

Education: \_\_\_\_\_

Family Contact: \_\_\_\_\_

Friend Contact: \_\_\_\_\_

Simplicity Project: \_\_\_\_\_

Today's Good Deed: \_\_\_\_\_

Today's Gratitude: \_\_\_\_\_

Today's Spiritual Activity: \_\_\_\_\_

Bed Time/Feelings Concerning The Day: \_\_\_\_\_