

YATTIR HEALTH

Daily Focus Planner

Personalized Mental Health & Psychiatric Care Rooted in Compassion
One day at a time. One task at a time.

Date: _____	Sleep: ____ hrs	Mood: ____/10	Energy: ____/10
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■ Today's Big 3

1. _____
2. _____
3. _____

■ My Daily Plan

Morning _____
Afternoon _____
Evening _____

✓ Task List

- _____
- _____
- _____
- _____
- _____

♥ Healthy Habits

- Medication ■ Water
- Meals ■ Movement
- Breaks ■ Sleep routine

■ Parking Lot

Write distracting thoughts here so you can return to them later.

■ Success Today

■ Tomorrow's First Step

Daily Focus Strategy

- ✓ Choose your first task before checking email or social media.
- ✓ Work for **25 minutes**, then take a **5-minute break**.
- ✓ Progress—not perfection—is today's goal.