

Life Management Daily Check Sheet

Date _____

- Self-Care
- Water
- Meals
- Medications
- Breaks

Appointments

Personal Goal List

- 1.
- 2.
- 3.
- 4.
- 5.

Business Goal List

- 1.
- 2.
- 3.
- 4.
- 5.

Relationship Goal List

- 1.
- 2.
- 3.
- 4.
- 5.

Other

Social Media Check List

- 1.
- 2.
- 3.
- 4.
- 5.