

# Daily Planner

Date:

M T W T F S S

Daily goals:

Academic:

Co Curricular

Wellbeing / Personal

Remember

Water

Before School

During School

After School

## TOPTIP

A daily planner is a great way to stay on track. When you're really busy it helps you prioritise by balancing daily tasks and long term goals. You can use your diary, a daily planner pad, or Microsoft 'To Do'. This should be a quick activity; 5 minutes first thing in the morning to keep you calmer during the day.



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