

DAILY SMALL STEPS Planner

tiny pebble → rock → snowy peak mountain

Top 3 Priorities

(What's your mountain today?)

1. _____
2. _____
3. _____

Small Steps / Tasks

(Pebbles that matter — tiny wins add up)

- _____
- _____
- _____
- _____
- _____

Mood & Mind Check

(Choose from the mood wheel / write a word)

Mood: _____

Energy Level:

Today's Growth Moment

(What did I learn, reflect on, or improve?)

- _____
- _____

End of Day Win

(What made me proud today?)

★ _____

DAILY SMALL STEPS Planner

 seed →  sprout →  small plant →  full tree

Top 3 Priorities

(What's your big tree today?)

1. _____
2. _____
3. _____

Small Steps / Tasks

(seeds that matter — tiny wins add up)

- _____
- _____
- _____
- _____
- _____

Mood & Mind Check

(Choose from the mood wheel / write a word)

Mood: _____

Energy Level: 

Today's Growth Moment

(What did I learn, reflect on, or improve?)



End of Day Win

(What made me proud today?)

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