

SEAMLESS FLOW DAILY PRODUCTIVITY TEMPLATE

Design your day with purpose and achieve more with less stress

MORNING REFLECTION (5-10 minutes)

<p>Today's Core Focus</p> <p>What's the ONE thing that would make today successful?</p>

<p>Priority Tasks (Top 3)</p>

<p>Focus Sessions</p>
<p>_____ to _____ Task:</p>
<p>_____ to _____ Task:</p>

<p>To accomplish List</p>	<p>Today's Insight</p>

<p>Notes</p>

