



PSYCHEDIFIED.

PSYCHOLOGY & MENTAL HEALTH

QUOTE/INSPIRATION FOR THE DAY:

DAILY GUIDED TO-DO LIST

WHAT ARE MY MAIN GOALS FOR THE DAY?

PRIORITY TASKS:

• TIME:

1)

• TIME:

2)

• TIME:

3)

EXTRA TASK IF I HAVE TIME:

NOTES:

@PSYCHEDIFIED ON INSTAGRAM & TWITTER