



DOABLE PLAN OUTLINE



Keep it simple.

REFLECTION QUESTIONS FOR PREVIOUS DAY:

Wins for the day:

Ways I could have improved my choices, if any:

One tiny shift for tomorrow, if any:

Why? (If you don't love your reason, don't make a change.):

Ways to nourish myself tomorrow besides food:

An intentional, honest, compassionate thought about my health:

Breakfast:

Lunch:

Dinner:

Snacks:

Glasses of water: 

Confidence scale of 1-4:

Any adjustments to get to a 3 or more?:

How I plan to think about unexpected variables or if the day feels hard?