



EllaBates.com

DAILY QUESTIONS

- What am I going to do today?
- What do I **NEED** to do today?
- Am I ready for my day?
- What am I not going to get done?
- What can I do about that?
- What will I do to take care of myself today?
- Who do I need to spend time with today?
- What did I do today?
- What can I do better tomorrow?