



WORKBOOK

Written by Binhhan Dirilgen

WORKBOOK

*Welcome to
Your Daily Success
Workbook and Planner*





W O R K B O O K

This **Workbook** is designed to help you think clearly, plan intentionally, and process life's daily tasks, thoughts and feelings with purpose.

Whether you're mapping out goals, tracking habits or pausing gratitude; this workbook meets you where you are and grows with you.

Let's turn small steps into big strides together...

Hello, I'm Binhan Dirilgen

As a

*Professional Certified Coach,
I would like to guide
you on your goals
and execute them
on a daily basis.

This plan will enable you
to have more pleasant and
joyful moments.



Wellness Ritual

Daily Wellness Tips

Morning Intentions

Write one intention for the day :

“I choose patience” or

“I will tackle my top priority first.”

2-Minute Breathwork Break

Pause midday, Inhale for 4 counts, hold for 4, exhale for 6. Repeat 3x.

Gratitude Pause

Before dinner,

jot down 3 tiny joys from your day
(e.g. sunshine, a kind text)

Digital Sunset

Power down screens 30 minutes before bed. Stretch, read or sip herbal tea instead.

Evening Reflections

Ask : “What made me proud today? ”

“What can I release tomorrow? ”



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Evening Reflections



Intentions

Daily Affirmations

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Today, I am Grateful for

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Today's Top Goals

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Water



Sleep



Mood



Notes

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C H E C K L I S T

How About Checking on
Your Self-Care Lists

MORNING SELF-CARE

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EVENING SELF-CARE

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.....

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DAILY JOURNAL

YOUR PROMPTS

SEE
good
IN ALL
things



TASK TRACKER

YOUR TASKS / DATES

[illegible]



CHECK LIST

OF YOUR LIFE

ASK YOURSELF

What area of my life is calling most
for attention or change right now?

.....

Why is this important to me at this
moment in my life?

.....

What would a meaningful, realistic
outcome look like for me
in *this* area?

.....

What small action can I take in the
next days to move forward?

.....

What inner strength, resource or
support system can I lean on to stay
committed?

.....

YOUR VISION LIST OF YOUR LIFE

WHAT IS YOUR MOST TALENTED
SIDE THAT IS HELPFUL?

.....

.....

.....

WHAT IS YOUR PURPOSE IN LIFE
THAT GIVES YOU EXCITEMENT
WHEN YOU WAKE UP?

.....

.....

.....

WHAT IS YOUR DREAM? WHAT ARE
YOUR PLANS IN ACHIEVING
THAT DREAM?

.....

.....

.....





YOUR PROMISE

IN YOUR LIFE

FOR YOURSELF

WHAT WOULD YOU TELL YOURSELF
TO ACHIEVE YOUR DREAMS?

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.....

WHAT WOULD BE THE SYMBOL OF
YOUR DREAM TO KEEP YOU
ON TRACK?

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HOW WOULD YOU LIKE TO
CELEBRATE YOURSELF AT EVERY
STEP OF THE WAY WHEN
YOU ACCOMPLISH STAGES
OF YOUR PASSION?

.....

.....

.....



THANK YOU

THANK YOURSELF FOR KEEPING UP
WITH THIS LITTLE WORKBOOK.

I HOPE IT WAS A JOY TO BE
A PARTNER WITH YOUR SELF,
INNER THOUGHTS AND EMOTIONS.

**IF YOU HAVE ANY QUESTIONS OR
WOULD LIKE TO WORK WITH ME
ON PERSONAL BASIS,
PLEASE DM ME.**

Binhan Dirilgen

PCC

