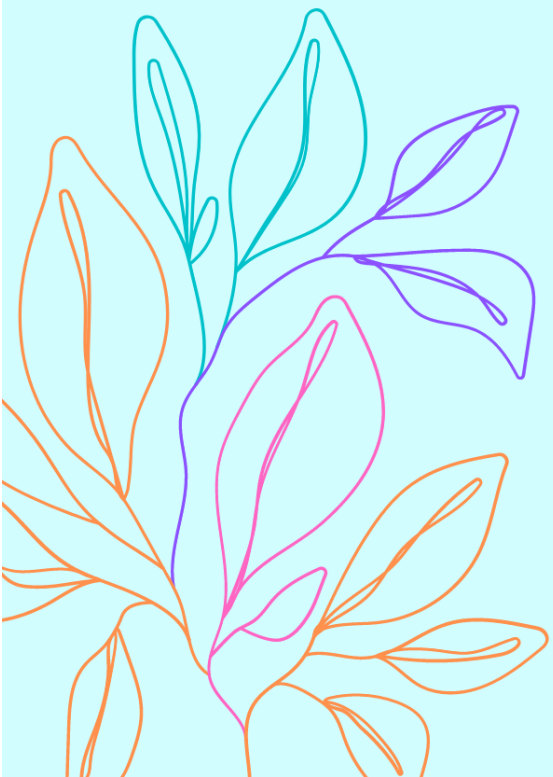


Intentional Living

Day Planner

2022



I, _____, am the perfect parent for my child.

I will use this Intentional Living Day Planner to support me in living my best life
so that I can model for my child what happiness and healing look like.

Together we are breaking cycles and kicking ass.

I will use this planner to support me in taking care of myself first and this is why:

signed,

The Intentional Living Day Planner:
A tool to support you in parenting
your way.

Alexis Kline Stearns

visit [alexisinspires.com](https://www.alexisinspires.com)

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Welcome

Hello beautiful soul,

I am so glad you are reading this and I am so grateful you are here in this present moment with me now. With this planner, I have taken the culmination of over seven years of studying productivity and self-help books and put them into a planner to support parents like you and me (the mother identifying parent).

Before my son was born, I dabbled in productivity resources but after his traumatic emergency cesarean birth, I spiraled out of control searching for something, anything that would help me feel better. I read books like *The Power of Now* and works by Brene Brown. I read books by Tim Ferris, Steven Covey, and I read child sleep books, parenting books, and self-healing books. It happened slowly, as I reshaped my brain, and eventually, when I couldn't live with the fear of birth anymore, after finding out I was pregnant again I received therapy and coaching. But most importantly I made a decision. A decision to change and grow. To transform. To take responsibility for my healing journey. That is when my intentional healing journey really began.

I'd like to invite you to do so as well. With this planner as a loose guide, please feel free to use what you like and leave the rest. Use this planner as a tool in your journey to becoming the parent (or person) you want to be.

As things come up for you, I'd like to encourage you to be supported by your community or even to reach out to me. Asking for and receiving the support we need is crucial to our growth and development. Transforming can be scary and lonely and we do not have to do it alone. Finding community is the most important and helpful thing I did on my journey and I'd like you to feel supported on your journey as well.

I'd love for you to join my online community or connect you with resources to create your supportive community for this journey.

Much love on your healing journey,

♡ Alexis

Using this planner

Imagine

Do this page, I want to invite you to dream about your perfect day. If ANYTHING was possible, what would you do? What would your day look like?

DREAM BIG

For a free guided visualization visit:
alexisinspires.com/perfectday

Embody

What feelings and behaviors must you engage in to have/be/do what you imagined? What actions will you embody? Draw this person or list these traits here?

Alternatively, use this page to place pictures of people who embody these traits, people you want to be like.

Goals

On the Goals pages, you will rate each area of your life on a scale of 1-10 as they are now. Consider what would make each of the following areas a 10/10. You can go back to your Imagine page if that helps. Build the 10/10 areas into your visualization practice.

Monthly Action Steps

Consider, what would need to happen throughout this year to reach your Imagine visualization and 10/10 for each area of your life? Which ones will make the most impact on your life this year?

MAY JUNE

On these pages, you break down how you can get to that 10/10 life you imagined. You can space your goal into benchmarks to reach throughout the year by working backwards from your goal. If you want to reach the goal in 2, 5, 10 years, what would you have completed in this 1 year? What needs to happen through this year for you to get there?

January 2022

| | MONDAY | TUESDAY | WEDNESDAY |
|--|---|----------------|-------------------|
| THIS MONTH'S FOCUS find community I love | | | |
| Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below. | 3 | 4 no school | 5 |
| Who do I need to be to achieve my goals? confident outgoing consistent | 10 | 11 | 12 appointment |
| | 17 Martin Luther King Jr. Day full moon release | 18 | 19 |
| How can I play to win this month? go to 3 new events | 24 new moon set intentions | 25 | 26 book club |
| Action Steps This Month | | | |

| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------|---------------------|----------|----------------------|
| | | 1 | 2 |
| 6 | 7 coffee meet up | 8 | 9 |
| 13 | 14 | 15 | 16 Birthday party |
| 20 babywearing group | 21 | 22 | 23 |
| 27 | 28 | 29 | 30 |
| Vision | | | |

make a list of activities that interest me
Choose 3 to attend-get them on the calendar
Speak to 3 new people at each event
Follow up with them after



January 3-9

Affirm: I am confident!

| | MONDAY 3 | TUESDAY 4 | WEDNESDAY 5 | THURSDAY 6 |
|---------------------------|--|--|---|--|
| Good Morning | Things I do well: | What would make today a 10/10? | How can I take care of my body today? | How can I be accepting today? |
| | connect w/ others | lower my expectations | 30 min walk | accept what I can get done today |
| Top 3: | schedule week | laundry crafts | walk | laundry meal plan |
| Today's Scheduler: | 7:00 breakfast 8:00 9:00 10:00 11:00 12:00 lunch/salad 1:00 2:00 3:00 4:00 5:00 6:00 dinner 7:00 8:00 9:00 | 7:00 8:00 9:00 no school 10:00 11:00 12:00 lunch: soup 1:00 2:00 3:00 4:00 5:00 6:00 dinner 7:00 8:00 9:00 | 7:00 8:00 9:00 10:00 11:00 walk 12:00 lunch: fish 1:00 2:00 3:00 4:00 5:00 6:00 dinner 7:00 8:00 9:00 | 7:00 8:00 9:00 10:00 11:00 12:00 lunch 1:00 2:00 3:00 4:00 5:00 6:00 dinner 7:00 8:00 9:00 |
| Evening Review | Did my actions match my core values? YES! | How could I have made today better? more presence | How did I connect with myself today? | How was I playful today? games w/ kids |
| To-Do | schedule next event prepare for appt | | | |
| You got this! | Habit Tracker Habit: h2o x 8, exercise, meditate M T W T F S S | | | |

| FRIDAY 7 | SATURDAY 8 | SUNDAY 9 | WEEKLY REVIEW |
|------------------------------------|--|-----------------------------------|--|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time last past week? If not, how can I adjust next week? |
| Go to the event w/ confidence | reach out to 1 person | Ask someone to watch the kids | Yes, next week I will reach out to more friends |
| tapping before event notes 4 event | groceries reach out | weekly review meal prep | |
| 11:00 event -met Ali Jane, Sandy | 1:00 lunch | 1:00 lunch | My Belief System: What limiting beliefs showed up this week? Where do they come from? How can I replace them? *people dont like me *from school *Affirm: People like me when I am authentically me. |
| 6:00 dinner | 6:00 dinner | 6:00 dinner | How was this week (1-10)? Home: 8 Family: 6 Physical Health: 4 Mental/Emotional: 3 Money: 8 Career: 2 Personal Growth: 6 Spiritual Growth: 8 |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. |
| getting to know new ppl | worrying about other peoples opinions | | Schedule an appt w/ my coach |
| IMAGINE | | | |

Goals

Rate each of the following areas on a scale of 1-10 as they are now. Consider what would make each of the following areas a 10/10.

Build them into your visualization practice.

Home:

Friends/Family:

Health:

Mental/Emotional:



Goals continued

Money:

Career:

Personal Growth:

Spiritual Growth:

What would need to happen throughout this year to reach your visualization and 10/10 for each area of your life?
Which ones will make the most impact on your life this year? Consider these questions on the next page.

Monthly Action Steps

Work backward and put the action steps into your calendar now... in pen.

JANUARY

FEBRUARY

MAY

JUNE

SEPTEMBER

OCTOBER



Monthly Action Steps

Not just here-on your digital calendar too (yes, I see you double calendar-ing 😊).

MARCH

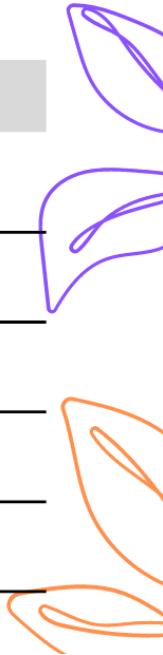
APRIL

JULY

AUGUST

NOVEMBER

DECEMBER



January 2022

MONDAY

TUESDAY

WEDNESDAY

THIS MONTH'S FOCUS

| |
|--|
| |
|--|


Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below.

Who do I need to be to achieve my goals?

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How can I play to win this month?

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| |

| | | |
|--|----|----|
| | | |
| 3 | 4 | 5 |
| 10 | 11 | 12 |
| 17 Martin Luther King Jr. Day  | 18 | 19 |
| 24 | 25 | 26 |
| 31 | | |

Action Steps This Month

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | |
|----|----|----|----|
| | | 1 | 2 |
| 6 | 7 | 8 | 9 |
| 13 | 14 | 15 | 16 |
| 20 | 21 | 22 | 23 |
| 27 | 28 | 29 | 30 |

Vision

| FRIDAY | 7 | SATURDAY | 8 | SUNDAY | 9 | WEEKLY REVIEW | |
|-----------------------------------|---|--|---|-----------------------------------|---|--|---------------------------|
| How can I create community today? | | What is the next step you can take TODAY? | | How can I accept help today? | | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| 6:00 | | 6:00 | | 6:00 | | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | | 7:00 | | 7:00 | | | |
| 8:00 | | 8:00 | | 8:00 | | | |
| 9:00 | | 9:00 | | 9:00 | | | |
| 10:00 | | 10:00 | | 10:00 | | | |
| 11:00 | | 11:00 | | 11:00 | | | |
| 12:00 | | 12:00 | | 12:00 | | | |
| 1:00 | | 1:00 | | 1:00 | | | |
| 2:00 | | 2:00 | | 2:00 | | | |
| 3:00 | | 3:00 | | 3:00 | | | |
| 4:00 | | 4:00 | | 4:00 | | | |
| 5:00 | | 5:00 | | 5:00 | | | |
| 6:00 | | 6:00 | | 6:00 | | | How was this week (1-10)? |
| 7:00 | | 7:00 | | 7:00 | | | Home: Friends/ Family: |
| 8:00 | | 8:00 | | 8:00 | | Physical Health: Mental/ Emotional: | |
| 9:00 | | 9:00 | | 9:00 | | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | | What do I get to stop doing for better health? | | What decisions do I need to make? | | What do I get to focus on next week? Schedule it. | |
| | | | | | | | |

IMAGINE

| FRIDAY 14 | SATURDAY 15 | SUNDAY 16 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
| 1:00 | 1:00 | 1:00 | | |
| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 21 | SATURDAY 22 | SUNDAY 23 | WEEKLY REVIEW |
|--|-------------------------------|------------------------------------|---|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
| | | | |
| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
| 11:00 | 11:00 | 11:00 | |
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| 2:00 | 2:00 | 2:00 | |
| 3:00 | 3:00 | 3:00 | |
| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 28 | SATURDAY 29 | SUNDAY 30 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
| | | | |
| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
| 11:00 | 11:00 | 11:00 | |
| 12:00 | 12:00 | 12:00 | |
| 1:00 | 1:00 | 1:00 | |
| 2:00 | 2:00 | 2:00 | |
| 3:00 | 3:00 | 3:00 | |
| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

February 2022

MONDAY

TUESDAY

WEDNESDAY

| |
|--------------------|
| THIS MONTH'S FOCUS |
| |

Black History Month

| |
|--|
| Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below. |
|--|

| |
|--|
| Who do I need to be to achieve my goals? |
| |
| |
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| |

| |
|-----------------------------------|
| How can I play to win this month? |
| |
| |
| |

| | | |
|--------------------|----|----|
| 31 | 1 | 2 |
| 7 | 8 | 9 |
| Valentine's Day 14 | 15 | 16 |
| Presidents' Day 21 | 22 | 23 |
| 28 | | |

| |
|-------------------------|
| Action Steps This Month |
|-------------------------|

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | |
|----|----|----|----|
| 3 | 4 | 5 | 6 |
| 10 | 11 | 12 | 13 |
| 17 | 18 | 19 | 20 |
| 24 | 25 | 26 | 27 |
| | | | |

Vision

| FRIDAY 4 | SATURDAY 5 | SUNDAY 6 | WEEKLY REVIEW | |
|-----------------------------------|--|-----------------------------------|--|---------------------------|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
| 1:00 | 1:00 | 1:00 | | |
| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 11 | SATURDAY 12 | SUNDAY 13 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
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| 1:00 | 1:00 | 1:00 | | |
| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 18 | SATURDAY 19 | SUNDAY 20 | WEEKLY REVIEW | |
|--|-------------------------------|------------------------------------|---|---------------------------|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
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| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 25 | SATURDAY 26 | SUNDAY 27 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
| | | | |
| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
| 11:00 | 11:00 | 11:00 | |
| 12:00 | 12:00 | 12:00 | |
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| 2:00 | 2:00 | 2:00 | |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

March 2022

MONDAY

TUESDAY

WEDNESDAY

| |
|--------------------|
| THIS MONTH'S FOCUS |
| |

Women's History Month

| |
|--|
| Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below. |
|--|

| |
|--|
| Who do I need to be to achieve my goals? |
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|-----------------------------------|
| How can I play to win this month? |
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| 7 | 8 | 9 |
| 14 | 15 | 16 |
| 21 | 22 | 23 |
| 28 | 29 | 30 |


| |
|-------------------------|
| Action Steps This Month |
|-------------------------|

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | |
|----------------------|--|----|----|
| 3 | 4 | 5 | 6 |
| 10 | 11 | 12 | 13 |
| St. Patrick's Day 17 |  18 | 19 | 20 |
| 24 | 25 | 26 | 27 |
| 31 | | | |

Vision

| FRIDAY 4 | SATURDAY 5 | SUNDAY 6 | WEEKLY REVIEW | |
|-----------------------------------|--|-----------------------------------|--|---------------------------|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
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| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 11 | SATURDAY 12 | SUNDAY 13 | WEEKLY REVIEW | |
|-------------------------------------|--|--|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | How can I take better care of my body? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
| 1:00 | 1:00 | 1:00 | | |
| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 18 | SATURDAY 19 | SUNDAY 20 | WEEKLY REVIEW | |
|--|-------------------------------|------------------------------------|---|---------------------------|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
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| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 25 | SATURDAY 26 | SUNDAY 27 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
| | | | |
| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
| 11:00 | 11:00 | 11:00 | |
| 12:00 | 12:00 | 12:00 | |
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| 3:00 | 3:00 | 3:00 | |
| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

April 2022

MONDAY

TUESDAY

WEDNESDAY

THIS MONTH'S FOCUS

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Women's History Month

Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below.

Who do I need to be to achieve my goals?

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How can I play to win this month?

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| MONDAY | TUESDAY | WEDNESDAY |
|--------------------------|---------|-----------|
| | | |
| 4 | 5 | 6 |
| 11 | 12 | 13 |
| Easter Monday Tax Day | 19 | 20 |
| 25 | 26 | 27 |

Action Steps This Month

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THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | | | | |
|----|---|----|----|----|---------------|----|
| | ○ | 1 | 2 | 3 | | |
| 7 | | 8 | 9 | 10 | | |
| 14 | | 15 | ● | 16 | Easter Sunday | 17 |
| 21 | | 22 | 23 | 24 | | |
| 28 | | 29 | ○ | 30 | | |

Vision

| FRIDAY 1 | SATURDAY 2 | SUNDAY 3 | WEEKLY REVIEW | |
|--------------------------|--|-----------------------------------|--|---------------------------|
| New Moon Intention: | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
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| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY | 8 | SATURDAY | 9 | SUNDAY | 10 | WEEKLY REVIEW | |
|-------------------------------------|---|--|---|-----------------------------------|----|--|--------------------------------------|
| 3 things I love about my community: | | How can I be more present today? | | My intention for today: | | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| 6:00 | | 6:00 | | 6:00 | | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | | 7:00 | | 7:00 | | | |
| 8:00 | | 8:00 | | 8:00 | | | |
| 9:00 | | 9:00 | | 9:00 | | | |
| 10:00 | | 10:00 | | 10:00 | | | |
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| 3:00 | | 3:00 | | 3:00 | | | |
| 4:00 | | 4:00 | | 4:00 | | | |
| 5:00 | | 5:00 | | 5:00 | | | |
| 6:00 | | 6:00 | | 6:00 | | | How was this week (1-10)? |
| 7:00 | | 7:00 | | 7:00 | | | Home: Friends/ Family: |
| 8:00 | | 8:00 | | 8:00 | | Physical Mental/ Health: Emotional: | |
| 9:00 | | 9:00 | | 9:00 | | Money: Career: Personal Spiritual Growth: Growth: | |
| How was I curious today? | | What do I get to stop doing for better health? | | What decisions do I need to make? | | What do I get to focus on next week? Schedule it. | |
| | | | | | | | |

IMAGINE

| FRIDAY 15 | SATURDAY 16 | SUNDAY 17 | WEEKLY REVIEW | |
|--|-----------------------------|------------------------------------|--|---------------------------|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
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| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| What (specifically) would I like to let go of? | What can I let go of today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 22 | SATURDAY 23 | SUNDAY 24 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
| | | | |
| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
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| 3:00 | 3:00 | 3:00 | |
| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 29 | SATURDAY 30 | SUNDAY 1 | WEEKLY REVIEW | |
|---|---|------------------------------------|---|---------------------------|
| Who do I admire? why? | What intention can I set for next month? | Who needs my love today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| What am I avoiding? Why is it important to do it? | Is there a way I can show others more love? | How can I have more fun next week? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

May 2022

MONDAY

TUESDAY

WEDNESDAY

THIS MONTH'S FOCUS

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Asian Pacific American
Heritage Month

Review your Goal
page and action plan.
Write the tasks into
your calendar &
complete your vision
and action below.

Who do I need to be
to achieve my goals?

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How can I play to
win this month?

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| 2 | 3 | 4 |
| 9 | 10 | 11 |
| 16 | 17 | 18 |
| 23 | 24 | 25 |
| 30 | 31 | |



30 Memorial Day

31

Action Steps This Month

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THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | |
|-----------------|----|----|----------------|
| | | | 1 |
| Cinco de Mayo 5 | 6 | 7 | Mother's Day 8 |
| 12 | 13 | 14 | 15 |
| 19 | 20 | 21 | 22 |
| 26 | 27 | 28 | 29 |

Vision

| FRIDAY | 6 | SATURDAY | 7 | SUNDAY | 8 | WEEKLY REVIEW |
|-----------------------------------|---|--|---|-----------------------------------|---|--|
| How can I create community today? | | What is the next step you can take TODAY? | | How can I accept help today? | | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 6:00 | | 6:00 | | 6:00 | | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | | 7:00 | | 7:00 | | |
| 8:00 | | 8:00 | | 8:00 | | |
| 9:00 | | 9:00 | | 9:00 | | |
| 10:00 | | 10:00 | | 10:00 | | |
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| 4:00 | | 4:00 | | 4:00 | | |
| 5:00 | | 5:00 | | 5:00 | | |
| | | | | | | |
| 6:00 | | 6:00 | | 6:00 | | Home: Friends/ Family: |
| 7:00 | | 7:00 | | 7:00 | | Physical Health: Mental/ Emotional: |
| 8:00 | | 8:00 | | 8:00 | | Money: Career: |
| 9:00 | | 9:00 | | 9:00 | | Personal Growth: Spiritual Growth: |
| How was I curious today? | | What do I get to stop doing for better health? | | What decisions do I need to make? | | What do I get to focus on next week? Schedule it. |
| | | | | | | |

IMAGINE

| FRIDAY 13 | SATURDAY 14 | SUNDAY 15 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 20 | SATURDAY 21 | SUNDAY 22 | WEEKLY REVIEW |
|--|-------------------------------|------------------------------------|--|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
| | | | |
| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 27 | SATURDAY 28 | SUNDAY 29 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
| | | | |
| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
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| 2:00 | 2:00 | 2:00 | |
| 3:00 | 3:00 | 3:00 | |
| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

June 2022

MONDAY

TUESDAY

WEDNESDAY

| |
|--------------------|
| THIS MONTH'S FOCUS |
| |

LGBTQ+ Pride Month

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|--|
| Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below. |
|--|

| |
|--|
| Who do I need to be to achieve my goals? |
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| |
|-----------------------------------|
| How can I play to win this month? |
| |
| |
| |

| | | |
|----|--------------------|----|
| | | 1 |
| 6 | 7 | 8 |
| 13 | 🌐 Flag Day 14 | 15 |
| 20 | Summer Solstice 21 | 22 |
| 27 | ○ 28 | 29 |

| |
|-------------------------|
| Action Steps This Month |
|-------------------------|

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | |
|----|----|----|----------------------------------|
| 2 | 3 | 4 | 5 |
| 9 | 10 | 11 | 12 |
| 16 | 17 | 18 | 19 Juneteenth Father's Day |
| 23 | 24 | 25 | 26 |
| 30 | | | |

Vision

| FRIDAY 3 | SATURDAY 4 | SUNDAY 5 | WEEKLY REVIEW | |
|-----------------------------------|--|-----------------------------------|--|---------------------------|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
| 1:00 | 1:00 | 1:00 | | |
| 2:00 | 2:00 | 2:00 | | |
| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 10 | SATURDAY 11 | SUNDAY 12 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | |
| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 17 | SATURDAY 18 | SUNDAY 19 | WEEKLY REVIEW |
|--|-------------------------------|------------------------------------|--|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
| | | | |
| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
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| 11:00 | 11:00 | 11:00 | |
| 12:00 | 12:00 | 12:00 | |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 24 | SATURDAY 25 | SUNDAY 26 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
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| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
| 11:00 | 11:00 | 11:00 | |
| 12:00 | 12:00 | 12:00 | |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

July 2022

MONDAY

TUESDAY

WEDNESDAY

THIS MONTH'S FOCUS

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Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below.

Who do I need to be to achieve my goals?

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How can I play to win this month?

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| | ■ | | ■ | | ■ |
| Independence Day 4 | | 5 | | 6 | |
| | 11 | | 12 |  | 13 |
| | 18 | | 19 | | 20 |
| | 25 | | 26 | | 27 |

Action Steps This Month

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THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | |
|------|----|----|----|
| | 1 | 2 | 3 |
| 7 | 8 | 9 | 10 |
| 14 | 15 | 16 | 17 |
| 21 | 22 | 23 | 24 |
| ○ 28 | 29 | 30 | 31 |

Vision

| FRIDAY | 1 | SATURDAY | 2 | SUNDAY | 3 | WEEKLY REVIEW | |
|-----------------------------------|---|--|---|-----------------------------------|---|--|---------------------------|
| How can I create community today? | | What is the next step you can take TODAY? | | How can I accept help today? | | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| 6:00 | | 6:00 | | 6:00 | | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | | 7:00 | | 7:00 | | | |
| 8:00 | | 8:00 | | 8:00 | | | |
| 9:00 | | 9:00 | | 9:00 | | | |
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| 3:00 | | 3:00 | | 3:00 | | | |
| 4:00 | | 4:00 | | 4:00 | | | |
| 5:00 | | 5:00 | | 5:00 | | | |
| 6:00 | | 6:00 | | 6:00 | | | How was this week (1-10)? |
| 7:00 | | 7:00 | | 7:00 | | | Home: Friends/ Family: |
| 8:00 | | 8:00 | | 8:00 | | Physical Health: Mental/ Emotional: | |
| 9:00 | | 9:00 | | 9:00 | | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | | What do I get to stop doing for better health? | | What decisions do I need to make? | | What do I get to focus on next week? Schedule it. | |
| | | | | | | | |

IMAGINE

| FRIDAY 8 | SATURDAY 9 | SUNDAY 10 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
| 10:00 | 10:00 | 10:00 | | |
| 11:00 | 11:00 | 11:00 | | |
| 12:00 | 12:00 | 12:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
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IMAGINE

| FRIDAY 15 | SATURDAY 16 | SUNDAY 17 | WEEKLY REVIEW |
|--|-------------------------------|------------------------------------|---|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
| 11:00 | 11:00 | 11:00 | |
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| 3:00 | 3:00 | 3:00 | |
| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. |
| | | | |
| IMAGINE | | | |

| FRIDAY 22 | SATURDAY 23 | SUNDAY 24 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 29 | SATURDAY 30 | SUNDAY 31 | WEEKLY REVIEW |
|---|---|------------------------------------|---|
| Who do I admire? why? | What would make today a 10/10? | Who needs my love today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What am I avoiding? Why is it important to do it? | Is there a way I can show others more love? | How can I have more fun next week? | What do I get to focus on next week? Schedule it. |
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IMAGINE

August 2022

MONDAY

TUESDAY

WEDNESDAY

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| THIS MONTH'S FOCUS |
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| Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below. |
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| Who do I need to be to achieve my goals? |
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| How can I play to win this month? |
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| 8 | 9 | 10 |
| 15 | 16 | 17 |
| 22 | 23 | 24 |
| 29 | 30 | 31 |

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| Action Steps This Month |
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THURSDAY

FRIDAY

SATURDAY

SUNDAY

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| 4 | 5 | 6 | 7 |
| 11 | 12 | 13 | 14 |
| 18 | 19 | 20 | 21 |
| 25 | 26 | 27 | 28 |
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Vision

| FRIDAY 5 | SATURDAY 6 | SUNDAY 7 | WEEKLY REVIEW | |
|-----------------------------------|--|-----------------------------------|--|---------------------------|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
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IMAGINE

| FRIDAY 12 | SATURDAY 13 | SUNDAY 14 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
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IMAGINE

| FRIDAY 19 | SATURDAY 20 | SUNDAY 21 | WEEKLY REVIEW | |
|--|-------------------------------|------------------------------------|--|--------------------------------------|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Mental/ Health: Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Spiritual Growth: Growth: | |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 26 | SATURDAY 27 | SUNDAY 28 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
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| 5:00 | 5:00 | 5:00 | |
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| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 2 | SATURDAY 3 | SUNDAY 4 | WEEKLY REVIEW | |
|-----------------------------------|---|------------------------------------|---|---------------------------|
| Who do I admire? why? | Today is an opportunity to... | Who needs my love today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| What thoughts did I notice today? | Is there a way I can show others more love? | How can I have more fun next week? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

September 2022

MONDAY

TUESDAY

WEDNESDAY

THIS MONTH'S FOCUS

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Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below.

Who do I need to be to achieve my goals?

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How can I play to win this month?

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| Labor Day 5 | 6 | 7 |
| 12 | 13 | 14 |
| 19 | 20 | 21 |
| 26 | 27 | 28 |

Action Steps This Month

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THURSDAY

FRIDAY

SATURDAY

SUNDAY

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| 1 | 2 | 3 | 4 |
| 8 | 9 | 10 | 11 |
| 15 First Day of Hispanic Heritage Month | 16 | 17 | 18 |
| 22 | 23 | 24 | 25 |
| 29 | 30 | | |

Vision

| FRIDAY 9 | SATURDAY 10 | SUNDAY 11 | WEEKLY REVIEW | |
|-----------------------------------|--|-----------------------------------|--|---------------------------|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 16 | SATURDAY 17 | SUNDAY 18 | WEEKLY REVIEW |
|-------------------------------------|--|-----------------------------------|--|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
| | | | |
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| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
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| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 23 | SATURDAY 24 | SUNDAY 25 | WEEKLY REVIEW | |
|--|-------------------------------|------------------------------------|--|---------------------------|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| | | | | |
| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 30 | SATURDAY 1 | SUNDAY 2 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
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| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

October 2022

MONDAY

TUESDAY

WEDNESDAY

THIS MONTH'S FOCUS

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Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below.

Who do I need to be to achieve my goals?

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How can I play to win this month?

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| | | |
| 3 | 4 | 5 |
| Indigenous People's Day Columbus Day | 11 | 12 |
| 17 | 18 | 19 |
| 24 | ○ | 26 |
| 31 Halloween | | |

Action Steps This Month

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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|----|----|----|----|
| | | 1 | 2 |
| 6 | 7 | 8 | 9 |
| 13 | 14 | 15 | 16 |
| 20 | 21 | 22 | 23 |
| 27 | 28 | 29 | 30 |

Vision

| FRIDAY 7 | SATURDAY 8 | SUNDAY 9 | WEEKLY REVIEW | |
|-----------------------------------|--|-----------------------------------|--|---------------------------|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |
| IMAGINE | | | | |

| FRIDAY 14 | SATURDAY 15 | SUNDAY 16 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
| 9:00 | 9:00 | 9:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 21 | SATURDAY 22 | SUNDAY 23 | WEEKLY REVIEW |
|--|-------------------------------|------------------------------------|---|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
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| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
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| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 28 | SATURDAY 29 | SUNDAY 30 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|---|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
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| 5:00 | 5:00 | 5:00 | |
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| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

November 2022

MONDAY

TUESDAY

WEDNESDAY


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| THIS MONTH'S FOCUS |
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American Indian Heritage Month

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| Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below. |
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| Who do I need to be to achieve my goals? |
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|-----------------------------------|
| How can I play to win this month? |
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| | 1 | 2 |
| 7 |  Election Day 8 | 9 |
| 14 | 15 | 16 |
| 21 | 22 | ○ 23 |
| 28 | 29 | 30 |

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| Action Steps This Month |
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THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | |
|------------------------|---------------------------------------|----|-----------------------------------|
| 3 | 4 | 5 | 6 Daylight Saving Time ends |
| 10 | Veterans Day 11 | 12 | 13 |
| 17 | 18 | 19 | 20 |
| Thanksgiving Day 24 | Native American Heritage Day 25 | 26 | 27 |
| 31 | ■ | ■ | ■ |

Vision

| FRIDAY 4 | SATURDAY 5 | SUNDAY 6 | WEEKLY REVIEW | |
|-----------------------------------|--|-----------------------------------|--|---------------------------|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
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| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 11 | SATURDAY 12 | SUNDAY 13 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
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| 3:00 | 3:00 | 3:00 | | |
| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
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IMAGINE

| FRIDAY 18 | SATURDAY 19 | SUNDAY 20 | WEEKLY REVIEW |
|--|-------------------------------|------------------------------------|--|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
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| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 25 | SATURDAY 26 | SUNDAY 27 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
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| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 2 | SATURDAY 3 | SUNDAY 4 | WEEKLY REVIEW | |
|-----------------------------------|---|------------------------------------|--|---------------------------|
| Who do I admire? why? | Today is an opportunity to... | Who needs my love today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
| 7:00 | 7:00 | 7:00 | | |
| 8:00 | 8:00 | 8:00 | | |
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| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| What thoughts did I notice today? | Is there a way I can show others more love? | How can I have more fun next week? | What do I get to focus on next week? Schedule it. | |
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IMAGINE

December 2022

MONDAY

TUESDAY

WEDNESDAY

THIS MONTH'S FOCUS

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Review your Goal page and action plan. Write the tasks into your calendar & complete your vision and action below.

Who do I need to be to achieve my goals?

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How can I play to win this month?

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| 5 | 6 | 7 |
| 12 | 13 | 14 |
| 19 | 20 | 21 Winter Solstice |
| 26 | 27 | 28 |

Action Steps This Month

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THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | |
|----|----|------------------|---------------------|
| 1 | 2 | 3 | 4 |
| 8 | 9 | 10 | 11 |
| 15 | 16 | 17 | 18 |
| 22 | ○ | 23 Christmas Eve | 24 Christmas Day 25 |
| 29 | 30 | ■ | ■ |

Vision

| FRIDAY 9 | SATURDAY 10 | SUNDAY 11 | WEEKLY REVIEW | |
|-----------------------------------|--|-----------------------------------|--|---------------------------|
| How can I create community today? | What is the next step you can take TODAY? | How can I accept help today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
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| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 16 | SATURDAY 17 | SUNDAY 18 | WEEKLY REVIEW | |
|-------------------------------------|--|-----------------------------------|--|---------------------------|
| 3 things I love about my community: | How can I be more present today? | My intention for today: | Am I happy with how I spent my time this past week? If not, how can I adjust next week? | |
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| | | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? | |
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| 4:00 | 4:00 | 4:00 | | |
| 5:00 | 5:00 | 5:00 | | |
| 6:00 | 6:00 | 6:00 | | How was this week (1-10)? |
| 7:00 | 7:00 | 7:00 | | Home: Friends/ Family: |
| 8:00 | 8:00 | 8:00 | Physical Health: Mental/ Emotional: | |
| 9:00 | 9:00 | 9:00 | Money: Career: Personal Growth: Spiritual Growth: | |
| How was I curious today? | What do I get to stop doing for better health? | What decisions do I need to make? | What do I get to focus on next week? Schedule it. | |
| | | | | |

IMAGINE

| FRIDAY 23 | SATURDAY 24 | SUNDAY 25 | WEEKLY REVIEW |
|--|-------------------------------|------------------------------------|---|
| What can I start doing for better health? | An idea I can act on is... | What does my body need today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
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| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What (specifically) would I like to let go of? | What surprised me most today? | In what area would I like to grow? | What do I get to focus on next week? Schedule it. |
| | | | |

IMAGINE

| FRIDAY 30 | SATURDAY 31 | SUNDAY 1 | WEEKLY REVIEW |
|------------------------------------|-------------------------------------|-------------------------------|--|
| The mindset I will create today... | 3 things I love about my partner... | How can I be authentic today? | Am I happy with how I spent my time this past week? If not, how can I adjust next week? |
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| | | | |
| 6:00 | 6:00 | 6:00 | <u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them? |
| 7:00 | 7:00 | 7:00 | |
| 8:00 | 8:00 | 8:00 | |
| 9:00 | 9:00 | 9:00 | |
| 10:00 | 10:00 | 10:00 | |
| 11:00 | 11:00 | 11:00 | |
| 12:00 | 12:00 | 12:00 | |
| 1:00 | 1:00 | 1:00 | |
| 2:00 | 2:00 | 2:00 | |
| 3:00 | 3:00 | 3:00 | |
| 4:00 | 4:00 | 4:00 | |
| 5:00 | 5:00 | 5:00 | |
| | | | |
| 6:00 | 6:00 | 6:00 | Home: Friends/ Family: |
| 7:00 | 7:00 | 7:00 | Physical Health: Mental/ Emotional: |
| 8:00 | 8:00 | 8:00 | Money: Career: |
| 9:00 | 9:00 | 9:00 | Personal Growth: Spiritual Growth: |
| What went well today? | How did I listen to myself today? | What was fun about today? | What do I get to focus on next week? Schedule it. |
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IMAGINE