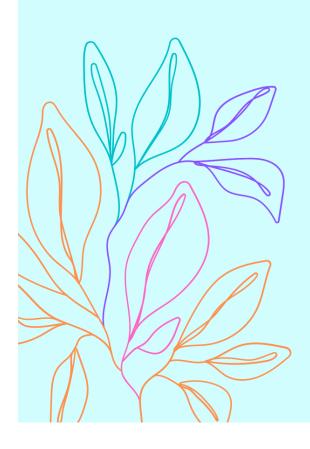
# Intentional Living

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

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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.

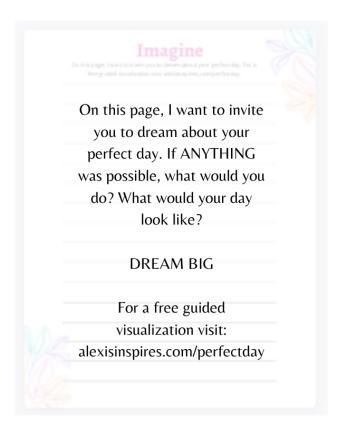
As things come up for you, I'd like to encourage you to be supported by your community or even to reach out to me. Asking for and receiving the support we need is crucial to our growth and development. Transforming can be scary and lonely and we do not have to do it alone. Finding community is the most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

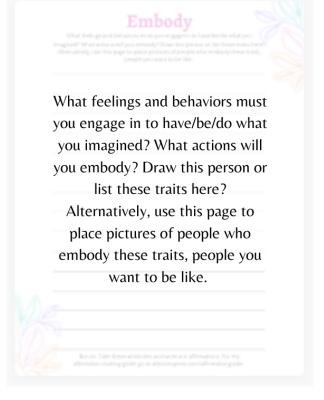
I'd love for you to join my online community or connect you with resources to create your supportive community for this journey.

Much love on your healing journey,



## Using this planner







#### Montly 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?

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
Find community I love			
Review your Goal page and action plan. Write the tasks into your calendar & complete your vision	3	no school	5
who do I need to be to achieve my goals?	10	11	appointment
consistent	Martin Lather King Ir. Day 17  Full moon release	18	19
How can I play to win this month?  go to 3 new events	new moon set intentions	25	26 book club
	Action Steps T	his Month	

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

THURSDAY	FRIDAY		SATURDAY	SUNDAY
			1	2
6	coffee meet up	7	S	9
13		14	15	Birthday party
babywearing group		21	22	25
27		28	29	30
		Vis	ion	



#### January 3-9

#### Affirm: I am confident!

	MONDAY	3	TUESDAY	4	WEDNESDAY 5	Т	HU	R	SD	ΑY		Т	6
Buju.	Things I do well:		What would make today a 10/10?		How can I take care of my body today?		ow c		ı I i	be a	cce	ptir	ng
Good Morning	connect w/ others		lower my expectations		30 min walk	٥		1	ġe		who dot		ı
Top 3:	schedule wee	ek	laundry crafts		walk		lau	ar ea	ıdr al	γ	n		_
Н	6.00		600		6.00	6.00							
	<sup>7∞</sup> breakfast		7:00		7:00	7:00							
	9:00		™no school		9:00	9:00							
	10:00		0:00		10:00	10:0							
ıle:	11:00		11:00		11.00 walk	11:0	30						
Foday's Schedule:	12:00 lunch:5alad		1200 lunch: soup		12:00 lunch: Fish	12:0	IC	J٢	ncl	<b>1</b> :			
s S	2:00		2:00		2:00	2:0	10						
a y	3:00		3:00		3:00	3:0	10						
Loc	4:00		4:00		400	410	0						
	5:00		5:00		\$00	5:00							
	ainner dinner		··· dinner		400 dinner	600 dinner							
П	7:00		7:00		7:00	7.00							
	8:00		8:00		8:00	8.0							
Ш	9:00		9:00		9:00	9:0							
view	Did my actions match my core values?	h	How could I have mad today better?	ie	How did I connect with myself today?		ow v day		s I j	play	yful		
Evening Review	YES!		more presence				gar <id< td=""><td></td><td>25</td><td><b>~</b></td><td>/</td><td></td><td></td></id<>		25	<b>~</b>	/		
匸	1	Γo-I	Do		Habit '	Γra	ck	er	_				
П	schedule r	nex	t event	П	Habit	1	M	Т	W	Т	F	S	S
П	prepare 4	For	appt		h20 x 8	Ι	I	Ξ					
					exercise	1	1						
his					meditate	1	4		L		Ш		
got this!				_		+	4				Ш	_	
n o				-		+	+				Н	-	
Y				-		+	+		H		Н	-	H
П				-		+	+		H		Н	-	
Ш				_		1	_	_	_	Ш	Ш		_

	_				_						
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 hel today?	lp	Am I happy with how I spent my time this past week? If not, how can I adjust next week?					
Go to the event w/ confidence	event w/ reach out				:	Yes, next week 1 will reach out to more friends					
tapping		groceries reach out		weekly							
before even		reach out		review							
notes 4 ever	1†			meal prep							
7:00		7:00		7:00		My Belief System: What limiting heliefs showed up this week? Where do they come from? How can I replace them?					
8.00		8:00		8:00							
9:00		9:00		5:00		*people don't like					
10:00		10:00		10:00		me					
11300 event		11:00	11:00		*from school						
12:00 -met Ali		12:00		12:00		*Affirm: People like					
Jane, Sand	V	1∞ lunch		100 lunch		me when I am					
2:00	_	2:00		2:00		authentically me.					
3:00		3:00		3:00		our criticolly inc.					
4:00		4:00		4:00							
5:00		5:00		5:00		How was this week (1-10)?					
dinner dinner		ainner dinner		dinner		Home: 8 Friends/ 6					
7:00		7:00		7:00		Physical 4 Mental/ Health: Emotional: 3					
8:00		8:00		8:00		Money: 8 Career: 2					
5:00		9:00		9:00		Personal 6 Spiritual 8					
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.					
know new		worrying about other peoples opinions			Schedule an appt w/ my coach						
		IM	AG	INE							

**Imagine**On this page, I want to invite you to dream about your perfect day. For a free guided visualization visit: alexisinspires.com/perfectday



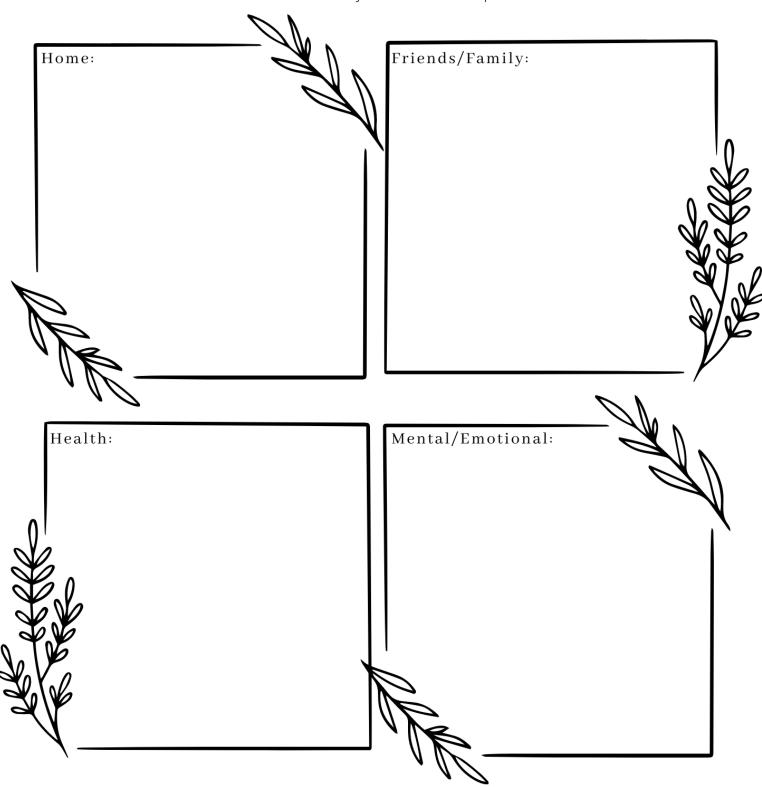
imagined? What actions will Alternatively, use this page	aviors must you engage in to have/be/do what you you embody? Draw this person or list these traits here? to place pictures of people who embody these traits,
	people you want to be like.
9	
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2/	

Bonus: Take these attributes and write out affirmations. For my affirmation making guide go to alexisinspires.com/affirmationguide.

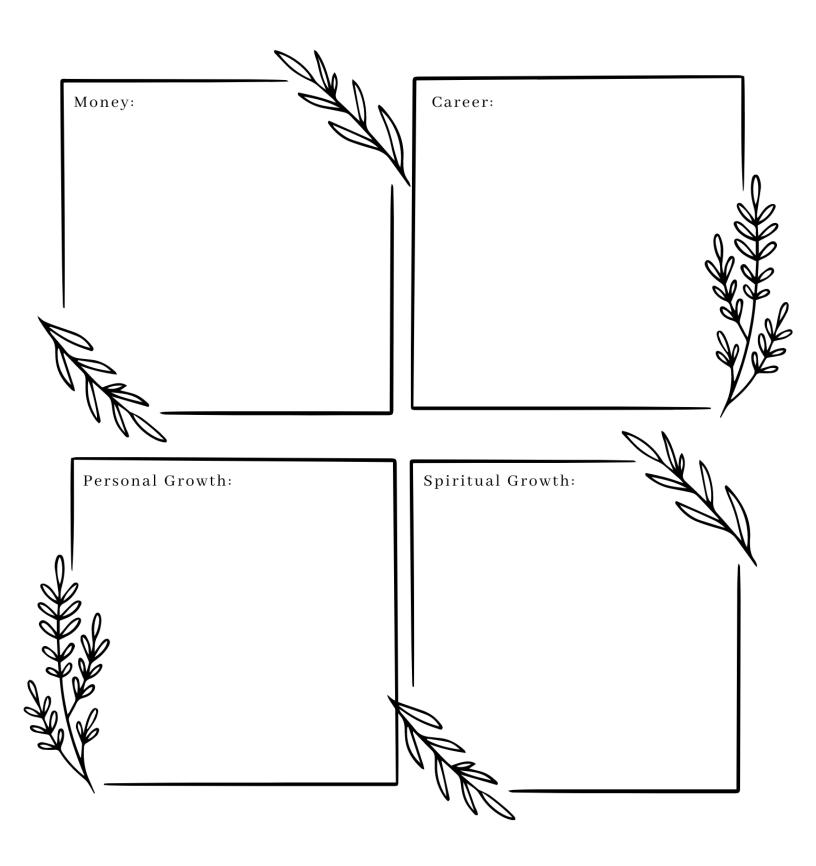
## Goals

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.



## Goals continued



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.

# **Montly Action Steps**

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

JANUARY	FEBRUARY
M A Y	JUNE
IVI A I	JUNE
SEPTEMBER	OCTOBER
7	
,	

# **Montly Action Steps**

Not just here-on your digital calendar too (yes, I see you double calendar-ing 3).

MARCH	APRIL
JULY	AUGUST
NOVEMBER	DECEMBER
7	

#### January 2022

	MONDAY	TUESD	AY	WEDNESDAY
THIS MONTH'S FOCUS				
		3	4	5
Review your Goal page and action plan. Write the tasks into your calendar & complete your vision				
and action below.		10	11	12
Who do I need to be to achieve my goals?				
	Martin Luther King Jr. Day	17	18	19
How can I play to win this month?	31	24	25	26
	Action Step	s 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

## January 3-9

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	MONDAW	7	MILITAR AV	4	WEDNEGDAY	5	mii	LID	C.D.	4 37			6
,	MONDAY	3	TUESDAY	4	WEDNESDAY		TH						
Things I do well:			What would make today a 10/10?		How can I take care o my body today?	I	How can I be acceptoday?						ng
Good Morning	Good Morn		today a 10/10:					3					
3:													
Top 3													
T			6.22		5.00		C-00						
	6:00		6:00		6:00		6:00						
	7:00		7:00		7:00		7:00						
	8:00		8:00		8:00		8:00						
	9:00		9:00		9:00		9:00						
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ıle	11:00		11:00		11:00		11:00						
edı	12:00		12:00		12:00		12:00						
Schedule	1:00		1:00		1:00		1:00						
	2:00	2:00			2:00		2:00						
Today's	3:00		3:00	3:00	3:00			::00					
То	4:00		4:00		4:00		4:00						
	5:00		5:00		5:00		5:00						
	6:00		6:00		6:00		6:00						
	7:00		7:00		7:00		7:00						
	8:00		8:00		8:00		8:00						
	9:00		9:00		9:00		9:00						
8	Did my actions match	1	How could I have made	de	How did I connect wi	th	How	wa	sІр	lay	ful		
vie	my core values?		today better?		myself today?		toda	y?					
Evening Revie													
		Го-1	Do		Habit Tracker								
					Habit		M	Т	W	Т	F	S	S
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You													

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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

## January 10-16 Affirm:

	MONDAY 10	THESDAY 11							1'	7
	WIGHT	TOESDITT	WEDNESDAY 12		UR				13	5
Good Morning	What gifts can I share with the world?	Who am I?	What am i grateful for?	How bod				e my	,	
orn	with the world.			Doa	<i>y</i> 00	aay	_			_
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3:										_
Тор										_
	6:00	6:00	6:00	6:00						_
	7:00	7:00	7:00	7:00						_
	8:00	8:00	8:00	8:00						_
	9:00	9:00	9:00	9:00						_
	10:00	10:00	10:00	10:00						_
:-	11:00	11:00	11:00	11:00						
lul										_
Schedule:	1:00	1:00	1:00	1:00						_
Sc	2:00	2:00	2:00	2:00						_
ıy's										
Today	3:00	3:00	4:00	3:00						
T	4:00 5:00	4:00 5:00	5:00	5:00						
	6:00	6:00	6:00	6:00						
	7:00	7:00	7:00	7:00						
	8:00	8:00	8:00	8:00						
	9:00	9:00	9:00	9:00						
	Did my actions match	How could I have made	How did I connect with	How		sІр	olay	ful		
evi	my core values?	today better?	myself today?	toda	ау?					
Evening Revie										
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H	To-	Do	Habit 1	Croo	lzon					=
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You got this!				+					+	_
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Y.				+					+	_
				_					+	_

Samps   Now Call to   Now Call to   Now Call to   Now Call   Now	FRIDAY 1	4 SATURDAY 15	SUNDAY 16	WEEKLY REVIEW
Too   Too   Too   Too   Too   Too   What limiting beliefs showed in week? Where do they come from?	3 things I love about my community:		My intention for today:	Am I happy with how I spent my time this past week? If not, how can I adjust next week?
Too   Too				
Too   Too   Too   Too   Too   Too   What limit ghelies showed up week? Where do they come from?				
Too   Too   Too   Too   Too   Too   What limit ghelies showed up week? Where do they come from?				
Too   Too   Too   Too   Too   Too   What limit ghelies showed up week? Where do they come from?				
8:00   8:00   8:00   8:00   9:00   9:00   9:00   9:00   10:00   10:00   10:00   10:00   11:00   11:00   11:00   11:00   12:0	6:00	6:00	6:00	My Belief System:
8:00   8:00   8:00   8:00   9:00   9:00   9:00   9:00   10:00   10:00   10:00   10:00   11:00   11:00   11:00   11:00   12:0	7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
10:00	8:00	8:00	8:00	
11:00	9:00	9:00	9:00	
12:00	10:00	10:00	10:00	
1:00       1:00         2:00       2:00         3:00       3:00         4:00       4:00         5:00       5:00         5:00       6:00         6:00       How was this week (1-1         6:00       Home: Friends/Family: Family: Family: Physical Mental/Health: Emotional: Emotional: Money: Career: Physical Growth:	11:00	11:00	11:00	
2:00   2:00   2:00	12:00	12:00	12:00	
3:00   3:00   3:00	1:00	1:00	1:00	
4:00	2:00	2:00	2:00	
5:00   5:00   5:00   How was this week (1-1	3:00	3:00	3:00	
How was this week (1-1	4:00	4:00	4:00	
7:00 7:00 7:00 Physical Mental/Emotional: 8:00 8:00 Money: Career: 9:00 9:00 Personal Growth: Growth: How was I curious What do I get to stop What decisions do I What do I get to focus on I	5:00	5:00	5:00	How was this week (1-10)?
Health: Emotional:	6:00	6:00	6:00	
9:00 9:00 Personal Growth:  How was I curious What do I get to stop What decisions do I What do I get to focus on I	7:00	7:00	7:00	
How was I curious What do I get to stop What decisions do I What do I get to focus on it	8:00	8:00	8:00	
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 week? Schedule it.	9:00	9:00	9:00	
		What do I get to stop doing for better health?		What do I get to focus on next week? Schedule it.

#### January 17-23 Affirm:

	MONDAY 17	TUESDAY	18	WEDNESDAY 19	ТН	UR	SD	ΑY		4	20
ning	What supports do I need this week?	3 things I love about me:		How can we have more fun today?	How	v ca	n I l	ead	l tod	ау?	,
Good Morning											
Top 3:											
T											
	6:00	6:00		6:00	6:00						
	7:00	7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00	9:00		9:00	9:00						
	10:00	10:00		10:00	10:00						_
Schedule:	11:00	11:00		11:00	11:00						
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ch	1:00	1:00		1:00	1:00						
	2:00	2:00		2:00	2:00						
Today's	3:00	3:00		3:00	3:00						
То(	4:00	4:00		4:00	4:00						
	5:00	5:00		5:00	5:00						
	6:00	6:00		6:00	6:00						
	7:00	7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00	9:00		9:00	9:00						
view	What can I release with the new moon today?	What challenged me that I can grow from?	?	What did I enjoy about today?	My	spec	ial	gift	ts are	e	
Evening Review											
	То	-Do		Habit '	Гrас	ker					
				Habit	M	Т	W	Т	F	S	S
									$\sqcap$		_
iis!											
You got this!											
1 go											
Yor											

g A	n idea I can act on is	s	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?
- 1					
6:	00		6:00		My Belief System:
7:	00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:	00		8:00		
9:	00		9:00		
10	0:00		10:00		
11	1:00		11:00		
12	2:00		12:00		
1	1:00		1:00		
2	2:00		2:00		
3	3:00		3:00		
4	:00		4:00		
5	:00		5:00		How was this week (1-10)?
6	:00		6:00		Home: Friends/ Family:
7	2:00		7:00		Physical Mental/ Health: Emotional:
8	:00		8:00		Money: Career:
9	:00		9:00		Personal Spiritual Growth: Growth:
		st	In what area would I like to grow?		What do I get to focus on next week? Schedule it.
T					
	7: 7: 7: 7: 7: 7: 7: 7: 7: 7: 7: 7: 7: 7	6:00 7:00 8:00 9:00 10:00 11:00 12:00 1:00 2:00 3:00 4:00 5:00 6:00 7:00 8:00 9:00 What surprised me motoday?	7:00  8:00  9:00  10:00  11:00  12:00  1:00  2:00  3:00  4:00  5:00  6:00  7:00  8:00  9:00  What surprised me most	7:00  8:00  9:00  9:00  10:00  11:00  11:00  12:00  1:00  1:00  2:00  3:00  4:00  4:00  5:00  6:00  7:00  8:00  9:00  What surprised me most  In what area would I	7:00  8:00  9:00  9:00  10:00  11:00  11:00  12:00  1:00  1:00  2:00  3:00  4:00  4:00  5:00  6:00  7:00  8:00  9:00  What surprised me most  In what area would I

# 

	MONDAY 24	TUESDAY	25	WEDNESDAY	26	ТН	UR	SD.	ΑY			27
ng	Something I can add to	How I can get more		How can I practice		Who	am	Ιg	rate	eful	for	?
Good Morning	my habit tracker is	nutrients today?		self care today?								
M												
poo												
٣												
$ldsymbol{ld}}}}}}$												
3:												
Top												
	6:00	6:00		6:00		6:00						_
	7:00	7:00		7:00		7:00						-
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
	10:00	10:00		10:00		10:00						
e:	11:00	11:00		11:00		11:00						
Schedule:	12:00	12:00		12:00		12:00						
che	1:00	1:00		1:00		1:00						
S	2:00	2:00		2:00		2:00						
Today	3:00	3:00		3:00		3:00						
Γod	4:00	4:00		4:00		4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
'iew	Where in my life can I	What I loved about		What did I love abou	ut	How		s I c	rea	tive	9	
	set boundaries?	myself today		today?		toda	у?					
g Rev												
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늗	То-	Do		Hal	ait 7	racl	zor					=
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				Habit		IVI	1	vv	1	1	5	$\overline{}$
			-			+						
isi												
got this!												
You												

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 authent today?	ic	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
What went well toda	у?	How did I listen to myself today?		What was fun about today?		What do I get to focus on next week? Schedule it.

#### February 2022

	MONDAY	TUESDAY	WEDNESDAY
THIS MONTH'S FOCUS	31	1	2
Black History Month	7	8	9
Review your Goal page and action plan. Write the tasks into your calendar & complete your vision			
and action below.	Valentine's Day 14	15	16
Who do I need to be to achieve my goals?			
	Presidents' Day 2	1 22	23
How can I play to win this month?	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

## Jan 31- Feb 6 Affirm:\_\_\_\_\_

	MONDAY 31	TUESDAY 1	WEDNESDAY 2	ТН	URS	SD.	ΑY			3
ng	My new moon	What would make	How can I take care of	How		Ιk	е а	ссе	pti	ng
Good Morning	intention:	today a 10/10?	my body today?	today?						
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	7:00	7:00	7:00	7:00						
	8:00	8:00	8:00	8:00						
	9:00	9:00	9:00	9:00						
M S	Did my actions match	How could I have made	How did I connect with	How		sІр	olay	ful		
Evening Revie	my core values?	today better?	myself today?	toda	y?					
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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?	p	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

	MONDAY	7	TUESDAY	8	WEDNESDAY 9	,	ГΗ	UR	SD.	AY			10	
ng	What gifts can I shar	е	Who am I?		What am I grateful			low will I move my						
Good Morning	with the world?				for?	b	ody	y to	day	?				
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le:	11:00		11:00		11:00	11	:00							
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Today's	3:00		3:00		3:00		:00							
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	5:00		5:00		5:00	5	:00							
	6:00		6:00		6:00	6	:00							
	7:00		7:00		7:00	7	:00							
	8:00		8:00		8:00	8	:00							
	9:00		9:00		9:00	9	:00							
N N	Did my actions match		How could I have mad	de	How did I connect with	- 1			sІр	olay	ful			
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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	M. P. II. C.C.
7:00		7:00		7:00	My Belief System:  What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00	How can I replace them?
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	How was this week (1-10)?
6:00		6:00		6:00	Home: Friends/ Family:
7:00		7:00		7:00	Physical Mental/ Health: Emotional:
8:00		8:00		8:00	Money: Career:
9:00		9:00		9:00	Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?	What do I get to focus on next week? Schedule it.

MONDAY 14 TUESDAY

15 WEDNESDAY 16 THURSDAY

17

	MONDA1 14	TOLSDAT 10	WEDNESDAT 10	111	UKL	,,,,	1 1		_	1/
Good Morning	What supports do I need this week?	3 things I love about me:	How can we have more fun today?	How	can	Ιl	ead	too	lay	?
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Schedule:	11:00	11:00	11:00	11:00						
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Today's	3:00	3:00	3:00	3:00						
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	6:00	6:00	6:00	6:00						
	7:00	7:00	7:00	7:00						
	8:00	8:00	8:00	8:00						
	9:00	9:00	9:00	9:00						
W	What did I enjoy about	What challenged me	What belief would I like	My s	ресі	al	gift	sar	·e	
eview	today?	that I can grow from?	to let go of?							
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FRIDAY 1	8 SATURDAY 1	9 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		My Belief System:
7:00	7:00	7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00	6:00	6:00		Home: Friends/ Family:
7:00	7:00	7:00		Physical Mental/ Health: Emotional:
8:00	8:00	8:00		Money: Career:
9:00	9:00	9:00		Personal Spiritual Growth: Growth:
What (specifically) would I like to let go of?	What surprised me mostoday?	In what area would I like to grow?		What do I get to focus on next week? Schedule it.

#### Feb 21- 27

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	М	ONDAY	21	TUESDAY	22	WEDNESDAY	23	ТН	UR	SD	AY			24			
ing	ı	nething I can add habit tracker is		How I can get more nutrients today?		How can I practice self care today?		Who	am	Ιg	rate	eful	for	?			
Good Morning	my	nabit tracker is		nutrients today?		sell care today?											
3:																	
Top 3																	
	6:00			6:00		6:00		6:00						$\dashv$			
	7:00			7:00		7:00		7:00						_			
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view	ı	ere in my life can boundaries?	I	What I loved about myself today		What did I love abo today?	ut	How		s I c	erea	tive	2				
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FRIDAY 2	25 SATURDAY	26	SUNDAY 2	27	WEEKLY REVIEW
The mindset I will create today	3 things I love aboumy partner	ıt	How can I be authentic today?	С	Am I happy with how I spent my time this past week? If not, how can I adjust next week?
				$\dashv$	
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6:00	6:00		6:00		My Belief System:
7:00	7:00		7:00		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	┪	How was this week (1-10)?
6:00	6:00		6:00		Home: Friends/ Family:
7:00	7:00		7:00		Physical Mental/ Health: Emotional:
8:00	8:00		8:00		Money: Career:
9:00	9:00		9:00		Personal Spiritual Growth: 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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#### March 2022

	MONDAY	TUESDAY	WEDNESDAY
THIS MONTH'S FOCUS		1	2
Women's History Month  Review your Goal page and action plan. Write the tasks into your calendar & complete your vision	7	8	9
who do I need to be to achieve my goals?	14	15	16
	21	22	23
How can I play to win this month?	28	29	30
	Action Stens T	his 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

## $Feb~28-~Mar~6_{\tt Affirm:} \underline{\hspace{1.5cm}}$

	MONDAY	28	TUESDAY	1	WEDNESDAY 2	ТН	UR	SD.	ΑY			3
ng	Things I do well:		What would make		What intention am I	How		ıIk	еа	ссе	ptiı	ng
rni			today a 10/10?		setting today?	toda	ıy?					
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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?	p	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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3:00		3:00		3:00		
4:00		4:00		4:00		
5:00		5:00		5:00		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

# March 7-13 Affirm:

	MONDAY	7 TUESDAY	8	WEDNESDAY 9	9	TH	UR	SD.	ΑY			10	
18	What gifts can I share			What am i grateful	_	How				ze m	y		
Good Morning	with the world?			for?	4	body	to.	day	?				
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FRIDAY	11	SATURDAY	12	SUNDAY 1	.3	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?
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6:00		6:00		6:00	$\dashv$	My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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3:00		3:00		3:00		
4:00		4:00		4:00		
5:00		5:00		5:00		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00	_	Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.
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#### March 14-20 A

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	MONDAY 14	TUESDAY	15	WEDNESDAY 16	ТН	UR	SD	ΑY			17
ng	What supports do I	3 things I love about		How can we have	How	caı	n I l	ead	ltoo	lay	?
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Schedule:	1:00	1:00		1:00	12:00						
	2:00	2:00		2:00	2:00						
Today's	3:00	3:00		3:00	3:00						
lod	4:00	4:00		4:00	4:00						
	5:00	5:00		5:00	5:00						
	6:00	6:00		6:00	6:00						
	7:00	7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00	9:00		9:00	9:00						
M	What did I enjoy about	What challenged me		What did I enjoy about	My s	pec	ial	gift	sar	·e	
Evening Revie	today?	that I can grow from	?	today?							
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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	My Belief System:
7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00	8:00	8:00	now can I replace them?
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	How was this week (1-10)?
6:00	6:00	6:00	Home: Friends/ Family:
7:00	7:00	7:00	Physical Mental/ Health: Emotional:
8:00	8:00	8:00	Money: Career:
9:00	9:00	9:00	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.

## March 21-27 Affirm

	c					
Α	İ	İ	1	r	m	:

Something I can add to my habit tracker is   How can get more nutrients today?   How can I practice self care today?   How can I grateful for?		MONDAY 23	TUESDAY	22	WEDNESDAY	23	ТН	UR	SD.	ΑY			24
To-Do     Habit Tracker	ng		1				Who	am	Ιg	rate	eful	for	?
	rni	my habit tracker is	nutrients today?		self care today?								
	Mo												
	pod												
C   C   C   C   C   C   C   C   C   C	Go												
C   C   C   C   C   C   C   C   C   C													
Co   Co   Co   Co   Co   Co   Co   Co	.;												
19   10   10   10   10   10   10   10	op 3												
To-Do   To-D		6:00	6:00		E-00		6:00						
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1000   1000													
10:00													
11:00		9:00	9:00		9:00								
2:00   2:00													
2:00   2:00	ule	11:00	11:00		11:00		11:00						
2:00   2:00	hed	12:00	12:00		12:00		12:00						
3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   3:00   4:00	Scł	1:00	1:00		1:00		1:00						
Simple   S	y's	2:00	2:00		2:00		2:00						
Simple   S	da	3:00	3:00		3:00		3:00						
6:00	To	4:00	4:00		4:00		4:00						
7:00   7:00   7:00   7:00     8:00   8:00   8:00   9:00		5:00	5:00		5:00		5:00						
8:00 9:00 9:00 9:00 9:00  Where in my life can I what I loved about today?  Where in my life can I wreative today?  To-Do  Habit Tracker		6:00	6:00		6:00		6:00						
9:00  Where in my life can I what I loved about set boundaries?  What I loved about today?  To-Do  Habit Tracker		7:00	7:00		7:00		7:00						
Where in my life can I what I loved about today?  Where in my life can I what I loved about today?  To-Do  Habit Tracker		8:00	8:00		8:00		8:00						
set boundaries? myself today today?  To-Do Habit Tracker		9:00	9:00		9:00		9:00						
Set Boundaries? Imysen today today?  To-Do Habit Tracker	A	1	1			ıt			s I c	rea	tive	9	
To-Do Habit Tracker	evie	set boundaries?	myself today		today?		toda	у?					
To-Do Habit Tracker	g R												
To-Do Habit Tracker	nin												
To-Do Habit Tracker	Eve												
	늗	To	$\overline{}$	Habit Tracker									
Habit Willis S				—		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		_		т	Б	C	S
				-	Trabit		IVI	<u> </u>	VV	1	1		
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No A A O	ou												

FRIDAY 2	25 SATURDAY	26	SUNDAY 2	27	WEEKLY REVIEW
The mindset I will create today	3 things I love aboumy partner	ıt	How can I be authentic today?	С	Am I happy with how I spent my time this past week? If not, how can I adjust next week?
				$\dashv$	
				$\dashv$	
6:00	6:00		6:00		My Belief System:
7:00	7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	┪	How was this week (1-10)?
6:00	6:00		6:00		Home: Friends/ Family:
7:00	7:00		7:00		Physical Mental/ Health: Emotional:
8:00	8:00		8:00		Money: Career:
9:00	9:00		9:00		Personal Spiritual Growth: 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.
				$\neg$	

#### April 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		4	5	6
who do I need to be to achieve my goals?		11	12	13
	Easter Monday Tax Day	18	19	20
How can I play to win this month?		25	26	27
	Action Ste	ps Th	is Month	

THURSDAY	FRIDAY	SATURDAY	SUNDAY
		2	3
7	8	9	10
14	15	16	Easter Sunday 17
21	22	23	24
28	29	30	
	Vis	ion	

### Mar 28-April 3 Affirm:

	MONDAY 2	8 TUESDAY 29	WEDNESDAY 30	THURSDAY 31
ng	Things I do well:	What would make	How can I take care of	How can I be accepting
Good Morning		today a 10/10?	my body today?	today?
d Me				
3000				
Top 3:				
H	C 22	6.00	5.00	6:00
	6:00	6:00 7:00	6:00 7:00	7:00
	7:00			
	9:00	9:00	9:00	9:00
	10:00	10:00	10:00	10:00
1 1	11:00	11:00	11:00	11:00
Schedule:	12:00	12:00	12:00	12:00
che	1:00	1:00	1:00	1:00
	2:00	2:00	2:00	2:00
Today's	3:00	3:00	3:00	3:00
То	4:00	4:00	4:00	4:00
	5:00	5:00	5:00	5:00
	6:00	6:00	6:00	6:00
	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00
Ш	9:00	9:00	9:00	9:00
12. 1	Did my actions match my core values?	How could I have made today better?	How did I connect with myself today?	How was I playful today?
Rev	-			
Evening Revie				
ven				
			<u> </u> 11	
	То	- D o	.	Tracker
			Habit	M T W T F S S
S				
got this!				
got				
You				

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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		
9:00		9:00		9:00		
L0:00		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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better health	ı?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

### April 4 - 10 Affirm:

	MONDAY	4	TUESDAY	5	WEDNESDAY 6	ТН	UR	SD	ΑY			7
ning	What gifts can I shar with the world?	e	Who am I?		What am i grateful for?	How				ve m	У	
Good Morning							<i>y</i> - 1-1					
3:												
Top 3												
T						6.00						
	6:00		6:00		6:00	6:00						
	7:00		7:00		7:00	7:00						
	8:00		8:00		8:00	8:00						
	9:00		9:00		9:00	9:00						
	10:00		10:00		10:00	10:00						
ule	11:00		11:00		11:00	11:00						
Schedule:	12:00		12:00		12:00	12:00						
Sch	1:00		1:00		1:00	1:00						
y's	2:00		2:00		2:00	2:00						
Today's	3:00		3:00		3:00	3:00						
Τo	4:00		4:00		4:00	4:00						
	5:00		5:00		5:00	5:00						
	6:00		6:00		6:00	6:00						
	7:00		7:00		7:00	7:00						
	8:00		8:00		8:00	8:00						
	9:00		9:00		9:00	9:00						
1.5.	Did my actions match	1	How could I have mad	le	How did I connect with	Hov			olay	ful		
	my core values?		today better?		myself today?	toda	ay?					
Evening Revi												
	7	Го-	Do		Habit	Trac	ker	,				
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You												
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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	My Belief System:
7:00		7:00		7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00		6:00		6:00	Home: Friends/ Family:
7:00		7:00		7:00	Physical Mental/ Health: Emotional:
8:00		8:00		8:00	Money: Career:
9:00		9:00		9:00	Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better health	n?	What decisions do I need to make?	What do I get to focus on next week? Schedule it.

#### April 11-17 Affirm:

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$\Delta$	1	1	1	1	III	

	MONDAY	11 TUESDAY	12	WEDNESDAY 13	ТН	UR	SD	ΑY			14
ng	What supports do I	3 things I love abou	t	How can we have	Hov	cai	n I l	ead	l to	day	?
Good Morning	need this week?	me:		more fun today?							
Mo											
poo											
5											
$\vdash$											
p 3:											
Top											
	6:00	6:00		6:00	6:00						
	7:00	7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00		9:00	9:00							
	10:00	10:00		10:00	10:00						
lule	11:00	11:00		11:00	11:00						
Schedule:	1:00	12:00		1:00	1:00						
	2:00	2:00		2:00	2:00						
Today's	3:00	3:00		3:00	3:00						
pol	4:00	4:00		4:00	4:00						
	5:00	5:00		5:00	5:00						
	6:00	6:00		6:00	6:00						
	7:00	7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00	9:00		9:00	9:00						
M	What did I enjoy abou			What did I enjoy about	Му	spec	ial	gift	s aı	re	
Evening Revie	today?	that I can grow from	?	today?							
lg R											
nin											
Eve											
	Т	o-Do		Habit Tracker							
				Habit	M	Т	W	Т	F	S	S
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ou got thi											
You got this!											

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?
			$\dashv$	
6.00				
6:00	6:00	6:00		My Belief System: What limiting beliefs showed up this
7:00	7:00	7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00	6:00	6:00	I	Home: Friends/ Family:
7:00	7:00	7:00		Physical Mental/ Health: Emotional:
8:00	8:00	8:00		Money: Career:
9:00	9:00	9:00		Personal Spiritual Growth: 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.
			T	

### April 18-24

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Α	t	t	1	r	m	:

	MONDAY 18	TUESDAY	19	WEDNESDAY	20	TH	UR	SD.	ΑY			21
18	Something I can add to	How I can get more		How can I practice		AM I	Proi	npt				
rni	my habit tracker is	nutrients today?		self care today?								
Good Morning												
poc												
Ğ												
33												
Тор												
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
	10:00	10:00		10:00		10:00						
le:	11:00	11:00		11:00		11:00						
Schedule	12:00	12:00		12:00		12:00						
che	1:00	1:00		1:00		1:00						
	2:00	2:00		2:00		2:00						
Today's	3:00	3:00		3:00		3:00						
Toc	4:00	4:00		4:00		4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
∌	Where in my life can I	What I loved about		What did I love abou	ıt	How	was	s I c	rea	tive		
evie	set boundaries?	myself today		today?		toda	у?					
g Re												
nin												
Evening Review												
F	То-	Do		Hak	oit T	racl	ker					
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is!												
You got this!												
1 go												
You												

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 authent today?	ic	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		now can replace them.
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
What went well toda	y?	How did I listen to myself today?		What was fun about today?		What do I get to focus on next week? Schedule it.

#### April 25-May 1 Affirm:\_\_\_\_

_		J											
	MONDAY 25	TUESDAY	26	WEDNESDAY	27	ТН	UR	SD	ΑY			28	
ning	What can I do for someone else this week?	What movement does my body crave today	?	Who can I connect to today?	)	I feel lucky today because							
Good Morning	Good Mor												
Top 3:													
T						6.00							
	6:00	6:00		6:00		6:00							
	7:00	7:00		7:00		7:00							
	8:00	8:00		8:00		8:00							
	9:00	9:00		9:00		9:00							
	10:00	10:00		10:00		10:00							
ule	11:00	11:00		11:00		11:00							
Schedule	12:00	12:00		12:00		12:00							
Sch	1:00	1:00		1:00		1:00							
S	2:00	2:00		2:00		2:00							
Today	3:00	3:00		3:00		3:00							
То	4:00	4:00		4:00		4:00							
	5:00	5:00		5:00		5:00							
	6:00	6:00		6:00		6:00							
	7:00	7:00		7:00		7:00							
	8:00	8:00		8:00		8:00							
	9:00	9:00		9:00		9:00							
	How was my communication today?	What I noticed about myself today	t	What did I do really well today?		Wha toda		n I	for	give			
Evening Revie													
	То-	Do		Hab	it I	racl	ker						
				Habit		M	Т	W	Т	F	S	S	
got this!													
ot t													
n g						_							
You													
						_							

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?
6:00	6:00	6:00		My Belief System:
7:00	7:00	7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00	8:00	8:00		
9:00	9:00	9:00		
L0:00	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		How was this week (1-10)?
6:00	6:00	6:00	F	Friends/ Family:
7:00	7:00	7:00		Physical Mental/ Health: Emotional:
8:00	8:00	8:00		Money: Career:
9:00	9:00	9:00		Personal Spiritual Growth: 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.
			T	

#### May 2022

	MONDAY	TUESDAY	WEDNESDAY
THIS MONTH'S FOCUS			
Asian Pacific American	2	3	4
Heritage Month			
Review your Goal			
page and action plan.			
Write the tasks into			
your calendar &			
complete your vision and action below.	9	10	11
and action below.	9	10	11
Who do I need to be to achieve my goals?			
	16	17	18
	10	17	10
	23	24	25
How can I play to win this month?			23
		74	
	30 Memorial Day	31	
	Action Steps T	his Month	

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

## May 2- May 8

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	MONDAY	2	TUESDAY	3	WEDNESDAY 4	ТН						5
Good Morning	Things I do well:		What would make		How can I take care of	How		n I k	е а	cce	pti	ng
rn			today a 10/10?		my body today?	toda	ıy?					
Me												
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Ğ												
3:												
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T												
	6:00		6:00		6:00	6:00						
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le:	11:00		11:00		11:00	11:00						
n p	12:00		12:00		12:00	12:00						
Schedule:	1:00		1:00		1:00	1:00						
S	2:00		2:00		2:00	2:00						
Today	3:00		3:00		3:00	3:00						
ľoď	4:00		4:00		4:00	4:00						
	5:00		5:00		5:00	5:00						
	6:00		6:00		6:00	6:00						
	7:00		7:00		7:00	7:00						
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	8:00		8:00		8:00	9:00						
	9:00		9:00		9:00							
	Did my actions match my core values?	L	How could I have mad today better?	de	How did I connect with myself today?	How toda		s I p	olay	ful		
evi	my core values?		today better?		mysen today?	toda	ıy:					
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Evening Revie												
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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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		
9:00		9:00		9:00		
L0:00		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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healtl	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

		MONDAY	9	TUESDAY	10	WEDNESDAY 11	ТН	UR	SD.	ΑY			12
Column	ng	_	e '	Who am I?							e m	y	
Column	rni	with the world?	_			for?	bod	y to	day	?			
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Column	3000												
Column   C													
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7:00   7:00   7:00   7:00   7:00   7:00     7:		6:00		5:00	_	6:00	6:00						
Simple   S					_								
Did my actions match my core values? How could I have made today better? How did I connect with my self today?  To-Do  Habit Tracker  Habit M T W T F S S		8:00			_		8:00						
my core values? today better? myself today?  To-Do  Habit Tracker  Habit M T W T F S S		9:00		9:00	_	9:00	9:00						
my core values? today better? myself today?  To-Do  Habit Tracker  Habit M T W T F S S	W	Did my actions match	n 1	How could I have mad	e	How did I connect with	How	wa	sІр	olay	ful		
To-Do Habit Tracker Habit M T W T F S S				today better?		myself today?	toda	ıy?					
To-Do Habit Tracker Habit M T W T F S S	g Re												
To-Do Habit Tracker Habit M T W T F S S	ning												
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FRIDAY	13 SATURDAY	14 SUNDAY	15 WEEKLY REVIEW
3 things I love about my community:	How can I be mo	ore My intention	n 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>
7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00	6:00	6:00	Home: Friends/ Family:
7:00	7:00	7:00	Physical Mental/ Health: Emotional:
8:00	8:00	8:00	Money: Career:
9:00	9:00	9:00	Personal Spiritual Growth: Growth:
How was I curious today?	What do I get to doing for better	stop health? What decision need to mak	

	MONDAY 10	TUESDAY	17	WEDNESDAY 1	8	ТН	UR	SD.	ΑY			19
ing	What supports do I need this week?	3 things I love about me:		How can we have more fun today?		How	car	ıIl	ead	too	lay	?
Good Morning	need this week!	me:		more run today?								
3:												
Top					+							
	6:00	6:00		6:00	6	5:00						
	7:00	7:00		7:00	7	7:00						
	8:00	8:00		8:00	-	3:00						
	9:00	9:00		9:00		):00						
	10:00	10:00		10:00	1	0:00						
Schedule:	11:00	11:00		11:00		L1:00						
edı	12:00	12:00		12:00		L2:00						
Sch	1:00	1:00		1:00		1:00						
	2:00	2:00		2:00		2:00						
Today's	3:00	3:00		3:00		3:00						
T	4:00	4:00		4:00		4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
eview	What did I enjoy about today?	What challenged me that I can grow from	?	What did I enjoy about today?	t	Му s	pec	ial	gift	s ar	e	
Evening Review												
	То	-Do		Habit	Т	rack	ker					
			-	Habit		M	Т	W	Т	F	S	S
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g	An idea I can act on is				
		5	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		My Belief System:
	7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
	8:00		8:00		
	9:00		9:00		
	10:00		10:00		
	11:00		11:00		
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	1:00		1:00		
	2:00		2:00		
	3:00		3:00		
	4:00		4:00		
	5:00		5:00		How was this week (1-10)?
	6:00		6:00		Home: Friends/ Family:
	7:00		7:00		Physical Mental/ Health: Emotional:
	8:00		8:00		Money: Career:
	9:00		9:00		Personal Spiritual Growth: Growth:
		st	In what area would I like to grow?		What do I get to focus on next week? Schedule it.
		7:00  8:00  9:00  10:00  11:00  12:00  1:00  2:00  3:00  4:00  5:00  6:00  7:00  8:00  9:00	7:00  8:00  9:00  10:00  11:00  12:00  1:00  2:00  3:00  4:00  5:00  6:00  7:00  8:00  9:00  What surprised me most	7:00  8:00  9:00  10:00  11:00  11:00  12:00  1:00  1:00  2:00  3:00  4:00  4:00  5:00  6:00  7:00  8:00  9:00  What surprised me most  In what area would I	7:00 7:00  8:00 8:00  9:00 9:00  10:00  11:00  11:00  12:00  1:00  2:00  2:00  3:00  4:00  4:00  5:00  6:00  7:00  8:00  9:00  What surprised me most In what area would I

#### May 23-28 Affirm:\_\_\_\_\_

		1									-	
	MONDAY 23	TUESDAY	24	WEDNESDAY 2	25	TH	UR	SD	ΑY		:	26
ning	Something I can add to my habit tracker is	How I can get more nutrients today?		How can I practice self care today?		Who	am	Ιg	rate	eful	for	?
Good Morning												
2:												
Тор					$\dashv$							
_	6:00	6:00		6:00	$\dashv$	6:00						
	7:00	7:00		7:00	$\dashv$	7:00						
	8:00	8:00		8:00	$\dashv$	8:00						
	9:00	9:00		9:00	-	9:00						
	10:00	10:00		10:00	_	10:00						
ıle:	11:00	11:00		11:00	_	11:00						
Schedule:	12:00	12:00		12:00		12:00						
sch	1:00	1:00		1:00	_	1:00						
's 5	2:00	2:00		2:00		2:00						
Today's	3:00	3:00		3:00		3:00						
То	4:00	4:00		4:00		4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
M	Where in my life can I	What I loved about		What did I love about		How		s I c	rea	tive		
evie	set boundaries?	myself today		today?		toda	у?					
Evening Review												
	То-	Do		Habi	t T	rack	ker					
				Habit		M	Т	W	Т	F	S	S
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FRIDAY 2	SATURDAY	28	SUNDAY 25	9 WEEKLY REVIEW
The mindset I will create today	3 things I love aboumy partner	ut	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	My Belief System:
7:00	7:00		7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00	6:00		6:00	Home: Friends/ Family:
7:00	7:00		7:00	Physical Mental/ Health: Emotional:
8:00	8:00		8:00	Money: Career:
9:00	9:00		9:00	Personal Spiritual Growth: 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.

#### June 2022

	MONDAY	TUESDAY	WEDNESDAY
THIS MONTH'S FOCUS			1
LGBTQ+ Pride Month  Review your Goal	6	7	8
page and action plan. Write the tasks into your calendar & complete your vision			
and action below.	13	Flag Day 14	15
Who do I need to be to achieve my goals?			
	20	Summer Solstice 21	22
How can I play to win this month?	27	28	29
	Action Steps T	his Month	

THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5
9	10	11	12
16	17	18	Juneteenth 19 Father's Day
23	24	25	26
30			

Vision

#### May 30-June 5 Affirm:

	MONDAY 30	TUESDAY 33	WEDNESDAY 1	THURSDAY 2
ning	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?
Good Morning				
p 5:				
Top				
П	6:00	6:00	6:00	6:00
	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00
	9:00	9:00	9:00	9:00
1 1	10:00	10:00	10:00	10:00
Schedule:	11:00	11:00	11:00	11:00
hed	12:00	12:00	12:00	12:00
	1:00	1:00	1:00	1:00
y's	2:00	2:00	2:00	2:00
Today'	3:00	3:00	3:00	3:00
L	4:00 5:00	4:00 5:00	4:00	4:00 5:00
	6:00	6:00	6:00	6:00
	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00
Ш	9:00	9:00	9:00	9:00
view	Did my actions match my core values?	How could I have made today better?	How did I connect with myself today?	How was I playful today?
Evening Review				
	То-	Do	Habit '	Tracker
			Habit	M T W T F S S
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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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		
9:00		9:00		9:00		
L0:00		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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	Г	Ή	UR	SD	ΑY		
ning	What gifts can I share with the world?	What am i grateful for?	How will I move my body today?							
Good Morning										
Top 3:										
	6:00	6:00	6:00	6:00	)					
	7:00	7:00	7:00	7:0	0					
	8:00	8:00	8:00	8:0	0					
	9:00	9:00	9:00	9:0	0					
	10:00	10:00	10:00	10:0	00					
ıle:	11:00	11:00	11:00	11:	00					
chedule	12:00	12:00	12:00	12:	00					
Sch	1:00	1:00	1:00	1:0	00					
S	2:00	2:00	2:00	2:0	00					
Today	3:00	3:00	3:00	3:0	00					
То	4:00	4:00	4:00	4:0	00					
	5:00	5:00	5:00	5:0	00					
	6:00	6:00	6:00	6:0	00					
	7:00	7:00	7:00	7:0	00					
	8:00	8:00	8:00	8:0	00					
	9:00	9:00	9:00	9:0	00					
view	Did my actions match my core values?	How could I have made today better?	How did I connect with myself today?	- 1	ow day		s I p	olay	yful	
Evening Rev										
	То-	Do	Habit	Tra	ıck	er				
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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	
7:00		7:00		7:00	My Belief System:  What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00	How can I replace them?
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	How was this week (1-10)?
6:00		6:00		6:00	Home: Friends/ Family:
7:00		7:00		7:00	Physical Mental/ Health: Emotional:
8:00		8:00		8:00	Money: Career:
9:00		9:00		9:00	Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?	What do I get to focus on next week? Schedule it.

#### June 13-18

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	MONDAY 1	3 TUESDAY	14	WEDNESDAY 15	ТН	UR	SD	ΑY			16			
ng	What supports do I	1	3 things I love about		How can I lead today?									
Good Morning	need this week?	me:		more fun today?										
I Mo														
000														
D.														
p 3:														
Top														
	6:00	6:00		6:00	6:00									
	7:00	7:00		7:00	7:00									
	8:00	8:00		8:00	8:00									
	9:00	9:00		9:00	9:00									
	10:00	10:00		10:00	10:00									
ule:	11:00	11:00		11:00	11:00									
Schedule:	12:00	12:00		12:00	12:00									
Sch	1:00	1:00		1:00	1:00									
y's	2:00	2:00		2:00	2:00									
Today's	3:00	3:00		3:00	3:00									
Tc	4:00	4:00												
	5:00	5:00	5:00					5:00						
	6:00	6:00		6:00	6:00									
	7:00	7:00		7:00	7:00									
	8:00	8:00		8:00	8:00									
	9:00	9:00		9:00	9:00									
Evening Review	What did I enjoy about today?	What challenged me that I can grow from		What did I enjoy about today?	My :	spec	cial	gift	s aı	·e				
g Re														
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Eve														
	Тс	-Do		Habit Tracker										
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FRIDAY 17	7 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	5.00		
5:00	6:00	6:00		My Belief System: What limiting beliefs showed up this
7:00	7:00	7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00	8:00	8:00		
9:00	9:00	9:00		
0:00	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		How was this week (1-10)?
6:00	6:00	6:00		Home: Friends/ Family:
7:00	7:00	7:00		Physical Mental/ Health: Emotional:
8:00	8:00	8:00		Money: Career:
9:00	9:00	9:00		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.

# June 20-26 Affirm:\_\_\_\_\_

		20										. –
		20 TUESDAY	21	WEDNESDAY How can I practice	22	TH					_	23
ning	Something I can add to my habit tracker is	How I can get more nutrients today?	1			Who am I grateful for?						
Good Morning				self care today?								
3:												
Top 3												
I	C-00	C-00		C-00		6:00						
	6:00	6:00		6:00								
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
	10:00	10:00		10:00		10:00						
ale	11:00	11:00		11:00		11:00						
edı	12:00	12:00		12:00		12:00						
Schedule:	1:00	1:00		1:00		1:00						
S	2:00	2:00		2:00		2:00						
Today	3:00	3:00	3:00	3:00								
То	4:00	4:00	4:00			4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
W	Where in my life can I	What I loved about		What did I love abou	t	How	wa	s I c	rea	tive	2	
viev	set boundaries?	myself today		today?		toda						
Evening Revie												
	Т	Habit Tracker										
				Habit		M	Т	W	Т	F	S	S
You got this!												
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You												

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 authent today?	ic	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: 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.

### July 2022

	MONDAY	TUESDAY	WEDNESDAY
THIS MONTH'S FOCUS			
	Independence Day 4	5	6
Review your Goal			
page and action plan.			
Write the tasks into your calendar &			
complete your vision			
and action below.	11	12	13
		12	10
Who do I need to be			
to achieve my goals?			
	18	19	20
	25	26	27
How can I play to win this month?			_,
will this month.			
	Action Steps T	his Month	

THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31
	Vis	ion	

#### June 27-July 3 Affirm:

	MONDAY 2	TUESDAY	28	WEDNESDAY 29	ТН	UR	SD	ΑY			30
ng	Things I do well:	What intention can I		How can I take care of	Нох	v ca			cce		
Good Morning		set with the New Mo	on?	my body today?	tod	ay?					
d M											
Goo											
3:											
Тор											
	6:00	6:00		6:00	6:00						
	7:00	7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00	9:00		9:00	9:00						
	10:00	10:00		10:00	10:00						
Schedule:	11:00	11:00		11:00	11:00						
ledι	12:00	12:00		12:00	12:00						
Sch	1:00	1:00		1:00	1:00						
y's	2:00	2:00		2:00	2:00						
Today's	3:00	3:00		3:00	3:00						
Ŀ	4:00 5:00	4:00 5:00		4:00 5:00	4:00 5:00						
					6:00						
	7:00	6:00 7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00	9:00		9:00	9:00						
W	Did my actions match	How could I have ma	.de	How did I connect with	Hov	v wa	s I ı	olav	ful		
1.5	my core values?	today better?		myself today?	tod		,				
g Re											
ning											
Evening Revie											
F	To	)-Do		Habit	Trac	ker					
П			-	Habit	М	_	W	Т	F	S	S
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ou got this!											
You got this!											

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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		
9:00		9:00		9:00		
L0:00		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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better health	1?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

	MONDAY 4	TUESDAY 5	WEDNESDAY	6	ТН	URS	SD.	ΑY	
Morning	What gifts can I share with the world?	Who am I?	What am i grateful for?		How body				ve n
Good Mor									
Top 3:									
	6:00	6:00	6:00	(	6:00				
	7:00	7:00	7:00		7:00				
	8:00	8:00	8:00		8:00				
	9:00	9:00	9:00		9:00				
	10:00	10:00	10:00		L0:00				
Schedule:	11:00	11:00	11:00		11:00				
edı	12:00	12:00	12:00		12:00				
Sch	1:00	1:00	1:00		1:00				
S	2:00	2:00	2:00		2:00				
Today	3:00	3:00	3:00		3:00				
$_{\rm To}$	4:00	4:00	4:00		4:00				
	5:00	5:00	5:00		5:00				
	6:00	6:00	6:00		6:00				
	7:00	7:00	7:00		7:00				
	8:00	8:00	8:00		8:00				
	9:00	9:00	9:00		9:00				
>	Did my actions match my core values?	How could I have made today better?	How did I connect with myself today?		How toda		Ιp	olay	yfu
Evening Ke									
	То-	Do	Habi	it T	rac	ker			
			Habit		M	Т	W	Т	F
this									
got t					_				
You g					_				

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	My Belief System:
7:00		7:00		7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00		6:00		6:00	Home: Friends/ Family:
7:00		7:00		7:00	Physical Mental/ Health: Emotional:
8:00		8:00		8:00	Money: Career:
9:00		9:00		9:00	Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better health	n?	What decisions do I need to make?	What do I get to focus on next week? Schedule it.

# July 11-17

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	MONDAY	11	TUESDAY	12	WEDNESDAY 1	3	ТН	ΙΙD	S D	ΛV			14
<i>w</i>	What supports do I	11	3 things I love about		How can we have	_	How				Ltoo	_	
nin	need this week?		me:		more fun today?		110 W	Cui		cuc		auy	
Good Morning													
1000													
3:						1							
Top 3													
	6:00		6:00		6:00	1	5:00						
	7:00		7:00		7:00		7:00						
	8:00		8:00		8:00	_ .	8:00						
	9:00		9:00		9:00		9:00						
	10:00		11:00		10:00		11:00						
Schedule:						_ -							
hec	1:00		12:00		12:00		1:00						
			1:00		1:00		2:00						
Today's	2:00		2:00		2:00								
oda	3:00		3:00		3:00	- 1.	3:00						
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	6:00		6:00		6:00	_ -	6:00						
	7:00		7:00		7:00	_ .	7:00						
	8:00		8:00		8:00		8:00						
	9:00		9:00		9:00	$\perp$	9:00						
	What did I enjoy about today?	ut	What challenged me that I can grow from	2	What did I enjoy abou today?	t	My s	pec	ial	gift	s aı	·e	
Evening Revie	today:		that I can grow from	•	today:	+							
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nir													
Еνе													
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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	My Belief System:
7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00	6:00	6:00	Home: Friends/ Family:
7:00	7:00	7:00	Physical Mental/ Health: Emotional:
8:00	8:00	8:00	Money: Career:
9:00	9:00	9:00	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.

# July 18-24 Affirm:\_\_\_\_\_

											_	
	MONDAY 18	TUESDAY	19	WEDNESDAY	20	TH	UR	SD.	ΑY			21
ing	Something I can add to my habit tracker is	How I can get more nutrients today?		How can I practice self care today?		Who	am	Ιg	rate	eful	for	?
Good Morning	my habit tracker is	nutrients today?		sen care today?								
3:												
Top 3												
T	6:00	6:00		6:00		6:00						
						7:00						
	7:00	7:00		7:00								
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
	10:00	10:00		10:00		10:00						
ule	11:00	11:00		11:00		11:00						
Schedule:	12:00	12:00		12:00		12:00						
Sch	1:00	1:00		1:00		1:00						
	2:00	2:00		2:00		2:00						
Today's	3:00	3:00		3:00		3:00						
То	4:00	4:00		4:00		4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
view	Where in my life can I set boundaries?	What I loved about myself today		What did I love about today?	ıt	How toda		s I c	rea	tive		
Evening Revie												
	То-	Do		Hab	it I	racl	ker					
				Habit		M	Т	W	Т	F	S	S
You got this!												
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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 authent today?	ic	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		now can replace them.
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
What went well toda	y?	How did I listen to myself today?		What was fun about today?		What do I get to focus on next week? Schedule it.

# July 25-31 Affirm:\_\_\_\_\_

_												
	MONDAY 25	TUESDAY	26	WEDNESDAY	27	TH	UR	SD.	ΑY			28
ning	What can I do for someone else this week?	What movement does my body crave today	?	Who can I connect to today?		Wha set v						n?
Good Morning												
3:												
Тор												
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
	10:00	10:00		10:00		10:00						
le:	11:00	11:00		11:00		11:00						
Schedule	12:00	12:00		12:00		12:00						
che	1:00	1:00		1:00		1:00						
	2:00	2:00		2:00		2:00						
Today's	3:00	3:00		3:00		3:00						
То	4:00	4:00		4:00		4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
	How was my communication today?	What I noticed about myself today	t	What did I do really well today?		Wha toda		n I	for	give		
Evening Revie												
	То-	Do		Нав	it T	racl	ker					
				Habit		M	Т	W	Т	F	S	S
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You got this!												
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FRIDAY 25	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?
6:00	6:00	6:00	My Belief System:
7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00	6:00	6:00	Home: Friends/ Family:
7:00	7:00	7:00	Physical Mental/ Health: Emotional:
8:00	8:00	8:00	Money: Career:
9:00	9:00	9:00	Personal Spiritual Growth: 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.

#### August 2022

	MONDAY	TUESDAY	WEDNESDAY
THIS MONTH'S FOCUS	1	2	3
Review your Goal page and action plan. Write the tasks into your calendar & complete your vision	8	9	10
who do I need to be to achieve my goals?	15	16	17
	22	23	24
How can I play to win this month?	29	30	31
	Action Steps T	his Month	

4     5     6     7       5     11     12     13     14       18     19     20     21       25     26     27     28	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18 19 20 21 25 26 O 27 28	4	5	6	7
25 26  27 28	11	12	13	14
	18	19	20	21
	25	26	27	28

Vision

### August 1-7

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Α	11	i	Ι.	m	

	MONDAY	1	TUESDAY	2	WEDNESDAY 3	3	ТН	UR	SD.	ΑY			4
ng	Things I do well:		What would make		How can I take care of	- 1	How		n I k	е а	ссе	ptii	ng
Good Morning		$\dashv$	today a 10/10?		my body today?	+	toda	y?					
d M													
Goo													
2:													
Top 3		_											
T	6:00	6	:00		6:00	6	:00						
	7:00		7:00		7:00		7:00						
	8:00		3:00		8:00	_ _	3:00						
	9:00		0:00		9:00		):00						
	10:00		0:00		10:00		0:00						
le:	11:00	1	1:00		11:00		1:00						
Schedule:	12:00	1	.2:00		12:00		2:00						
che	1:00	$\dashv$	1:00		1:00	-	1:00						
	2:00	$\dashv$	2:00		2:00		2:00						
Today's	3:00	$\neg$	3:00		3:00	-	3:00						
Τo	4:00		4:00		4:00		4:00						
	5:00		5:00		5:00		5:00						
	6:00		6:00		6:00		6:00						
	7:00		7:00		7:00		7:00						
	8:00		8:00		8:00		8:00						
	9:00		9:00		9:00	$\perp$	9:00						
Evening Review	Did my actions match my core values?	- 1	How could I have ma today better?	.de	How did I connect wit myself today?	- 1	How toda		sІр	olay	ful		
g Re													
nin													
Eve													
F	Γ	Го-Г	00		Habi	t T	racl	ker					
Н				—	Habit		M	Т	W	Т	F	S	S
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You													
				-									

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?
					$\dashv$	
					$\dashv$	
					-	
6:00		6:00		6:00		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		
9:00		9:00		9:00		
L0:00		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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00	_	Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healtl	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

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Mat a gifts can I share   with the world?   What am i grateful   How will I move my hody today?		MONDAY 8	3 TUESDAY	9	WEDNESDAY 10	TH	UR	SD	ΑY			11
	ning		Who am I?							ve r	ny	
	Good Mor											
To-Do   To-D	Top 5:											
No		6:00	6:00		6:00	6:00						$\neg$
900   900		7:00	7:00		7:00	7:00						$\dashv$
1000		8:00	8:00		8:00	8:00						
100		9:00	9:00		9:00	9:00						-
Name		10:00	10:00	_	10:00	10:00						
Name	ule:	11:00	11:00		11:00	11:00						
Name	e d	12:00	12:00		12:00	12:00						
Name	Sch	1:00	1:00	_	1:00	1:00						
Signo   Sign	l s	2:00	2:00		2:00	2:00						
Signo   Sign	day	3:00	3:00		3:00	3:00						
Solution   Ground	То	4:00	4:00		4:00	4:00						
To-Do		5:00	5:00		5:00	5:00						
Soo   Soo		6:00	6:00		6:00	6:00						
Solution   Solution		7:00	7:00		7:00	7:00						
Did my actions match my core values? How could I have made today better? How did I connect with my self today?  To-Do  Habit Tracker  Habit M T W T F S S		8:00	8:00		8:00	8:00						
my core values? today better? myself today?  To-Do  Habit Tracker  Habit M T W T F S S		9:00	9:00		9:00	9:00						
To-Do  Habit Tracker  Habit M T W T F S S	eview		1	е				s I <sub>]</sub>	ola	yful	!	
Habit M T W T F S S	Evening R											
got this!		То	-Do	$\neg$	Habit	Trac	ker					
You got this!	П			-	Habit	M	Т	W	Т	F	S	S
You got this!												$\square$
You got this!												
You got ti	is!											
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	Yor											Ш
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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?
6:00		6:00		6:00	My Belief System:
7:00		7:00		7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00		6:00		6:00	Home: Friends/ Family:
7:00		7:00		7:00	Physical Mental/ Health: Emotional:
8:00		8:00		8:00	Money: Career:
9:00		9:00		9:00	Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?	What do I get to focus on next week? Schedule it.

#### August 15-21

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	MONDAY 1	15 TUESDAY	16	WEDNESDAY 1	7	ТН	UR	SD.	ΑY			18
ng	What supports do I	3 things I love abo	out	How can we have	$\neg$	How	caı	ı I l	ead	toc	lay	?
Morning	need this week?	me:		more fun today?	4							
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Good												
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3:					_							
Тор					+							
<u> </u>	6:00	6:00		6:00	(	5:00						
	7:00	7:00		7:00	-	7:00						
	8:00	8:00		8:00		3:00						
	9:00	9:00		9:00		9:00						
	10:00	10:00		10:00		0:00						
e:	11:00	11:00		11:00		L1:00						
dul					-	L2:00						
Schedule:	1:00	1:00		1:00		1:00						
	2:00	2:00		2:00	_	2:00						
Today's	3:00	3:00		3:00		3:00						
oda	4:00	4:00		4:00		4:00						
T	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00	_	6:00						
	7:00	7:00		7:00	_ -	7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
	What did I enjoy abou			What did I enjoy abou				: - 1	~: f+			
iew	today?	that I can grow fro		today?	·	My s	pec	ıaı	gm	sar	е	
Evening Revi					+							
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n 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?
		1
00	6:00	My Belief System:
00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
00	8:00	
00	9:00	
:00	10:00	
L:00	11:00	
2:00	12:00	
:00	1:00	
2:00	2:00	
:00	3:00	
:00	4:00	
:00	5:00	How was this week (1-10)?
:00	6:00	Home: Friends/ Family:
:00	7:00	Physical Mental/ Health: Emotional:
:00	8:00	Money: Career:
:00	9:00	Personal Spiritual Growth: Growth:
hat surprised me most oday?	In what area would I like to grow?	What do I get to focus on next week? Schedule it.
:0	no no no no no no no no no no no no no n	4:00 5:00 6:00 7:00 8:00 9:00 hat surprised me most In what area would I

### August 22-28

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	MONDAY	22	TUESDAY	23	WEDNESDAY	24	ТН	UR	SD.	ΑY			25	
ng	Something I can add		How I can get more		How can I practice			Who am I grateful for?						
rni	my habit tracker is		nutrients today?		self care today?									
Good Morning														
Top 3:														
	6:00		6:00		6:00	$\dashv$	6:00							
	7:00		7:00		7:00		7:00							
	8:00		8:00		8:00		8:00							
	9:00		9:00		9:00		9:00							
	10:00		10:00		10:00		10:00							
e:	11:00		11:00		11:00		11:00							
Schedule:							12:00							
he	1:00		1:00		1:00		1:00							
	2:00		2:00		2:00		2:00							
Today's	3:00		3:00		3:00		3:00							
ode	4:00		4:00		4:00		4:00							
T	5:00		5:00		5:00		5:00							
							6:00							
	6:00		6:00		6:00		7:00							
	7:00		7:00		7:00									
	8:00		8:00		8:00		9:00							
	9:00		9:00		9:00									
1>	Where in my life can set boundaries?	I	What I loved about myself today		What did I love aboutoday?	t	How toda		s I c	erea	.tive	9		
Evening Re														
	7	Го-]	Do		Hab	it T	racl	ker						
$\Box$					Habit		M	Т	W	Т	F	S	S	
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FRIDAY 2	6 SATURDAY	27	SUNDAY 28	WEEKLY REVIEW
The mindset I will create today	3 things I love about my partner	t	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	My Belief System:
7:00	7:00		7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00	6:00		6:00	Home: Friends/ Family:
7:00	7:00		7:00	Physical Mental/ Health: Emotional:
8:00	8:00		8:00	Money: Career:
9:00	9:00		9:00	Personal Spiritual Growth: 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.

# 

	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1							
ning	What can I do for someone else this week?	What movement does my body crave today?	Who can I connect to today?	I feel lucky today because							
Good Morning											
3:											
Тор											
	6:00	6:00	6:00	6:00							
	7:00	7:00	7:00	7:00							
	8:00	8:00	8:00	8:00							
	9:00	9:00	9:00	9:00							
	10:00	10:00	10:00	10:00							
le:	11:00	11:00	11:00	11:00							
Schedule	12:00	12:00	12:00	12:00							
che	1:00	1:00	1:00	1:00							
	2:00	2:00	2:00	2:00							
Today's	3:00	3:00	3:00	3:00							
Toc	4:00	4:00	4:00	4:00							
	5:00	5:00	5:00	5:00							
	6:00	6:00	6:00	6:00							
	7:00	7:00	7:00	7:00							
	8:00	8:00	8:00	8:00							
	9:00	9:00	9:00	9:00							
ie	How was my communication today?	What I noticed about myself today	What did I do really well today?	What can I forgive today?							
Evening Rev											
	То-	Do	Habit 7	Гracker							
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FRIDAY	2	SATURDAY	3	SUNDAY	4	WEEKLY REVIEW
Who do I admire? why		Foday 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?
	4					
6:00	6	:00		6:00		My Belief System:
7:00	7	0:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00	8	:00		8:00		
9:00	9	0:00		9:00		
10:00	1	0:00		10:00		
11:00	1	1:00		11:00		
12:00	1	2:00		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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
What thoughts did I notice today?	I	s there a way I can how others more love	?	How can I have more fun next week?		What do I get to focus on next week? Schedule it.

### September 2022

	MONDAY	TUESDAY	WEDNESDAY			
THIS MONTH'S FOCUS						
Review your Goal page and action plan. Write the tasks into your calendar & complete your vision	Labor Day	5	7			
who do I need to be to achieve my goals?		12 13	14			
		19 20	21			
How can I play to win this month?		26 27	28			
	Action Step	os This Month				

THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4
8	9	10	11
First Day of Hispanic Heritage Month	16	17	18
22	23	24	<u></u>
29	30		
	Vis	ion	

### Sept 5-11

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	MONDAY 5	TUESDAY	6	WEDNESDAY 7	ТН	UR	SD.	ΑY			8
ηĝ	Things I do well:	What would make		How can I take care of	Hov	cai	n I k	е а	cce	ptii	ng
Good Morning		today a 10/10?		my body today?	toda	ay?					
Mo											
po											
Go											
<u> </u>											
Top 3:											
T											
	6:00	6:00		6:00	6:00						
	7:00	7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00	9:00		9:00	9:00						
	10:00	10:00		10:00	10:00						
Schedule:	11:00	11:00		11:00	11:00						
n p a	12:00	12:00		12:00	12:00						
ch	1:00	1:00		1:00	1:00						
	2:00	2:00		2:00	2:00						
Today's	3:00	3:00		3:00	3:00						
To	4:00	4:00		4:00	4:00						
	5:00	5:00		5:00	5:00						
	6:00	6:00		6:00	6:00						
	7:00	7:00		7:00	7:00						
	8:00	8:00		8:00	8:00						
	9:00	9:00		9:00	9:00						
	Did my actions match	How could I have mad	е	How did I connect with	How	wa	s I p	olay	ful		
vie	my core values?	today better?		myself today?	toda	ay?					
g Re											
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Evening Revi											
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L	То	- D o		Habit	Trac	ker					
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You got this!											
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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?
_				
6:00		6:00	6:00	My Belief System:
7:00		7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00		6:00	6:00	Home: Friends/ Family:
7:00		7:00	7:00	Physical Mental/ Health: Emotional:
8:00		8:00	8:00	Money: Career:
9:00		9:00	9:00	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.

### Sept 12-18

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Α	11	1	r	m	:

1														
	MONDAY	12	TUESDAY	13	WEDNESDAY 14	ТН	UR	SD.	ΑY			15		
ning	What gifts can I shar with the world?	re	Who am I?		What am i grateful for?	How will I move my body today?								
Good Morning	Good Mor													
p 3:														
Top														
П	6:00		6:00		6:00	6:00								
	7:00		7:00		7:00	7:00								
	8:00		8:00		8:00	8:00								
	9:00		9:00		9:00	9:00								
	10:00		10:00		10:00	10:00								
ule	11:00		11:00		11:00	11:00								
Schedule:	12:00		12:00		12:00	12:00								
Sch	1:00	1:00				1:00								
	2:00					2:00								
Today's	3:00					3:00								
T	4:00		4:00		4:00	4:00								
	5:00		5:00		5:00	5:00								
	6:00		6:00		6:00	6:00								
	7:00		7:00		7:00	7:00								
	8:00		8:00		8:00	8:00								
Ш	9:00		9:00		9:00	9:00								
	Did my actions match my core values?	1	How could I have ma today better?	de	How did I connect with myself today?	How toda		sIp	olay	ful				
Evening Revie														
	ŗ	Го-І	Oo .		Habit	Trac	ker							
					Habit	M	Т	W	Т	F	S	S		
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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?
6:00		6:00		6:00	My Belief System:
7:00		7:00		7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00		6:00		6:00	Home: Friends/ Family:
7:00		7:00		7:00	Physical Mental/ Health: Emotional:
8:00		8:00		8:00	Money: Career:
9:00		9:00		9:00	Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?	What do I get to focus on next week? Schedule it.

# Sept 19-25 Affirm:\_\_\_\_\_

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	MONDAY	19	TUESDAY	20	WEDNESDAY 2	1	тн	UR	SD.	ΑY			22
ning	What supports do I need this week?		3 things I love about me:	;	How can we have more fun today?		How	car	ı I l	ead	l too	lay	?
Good Morning													
Top 3:													
T						4							
	6:00		6:00		6:00		5:00						
	7:00		7:00		7:00		7:00						
	8:00		8:00		8:00		8:00						
	9:00		9:00		9:00		9:00						
l	10:00		10:00		10:00		0:00						
Schedule:	11:00		11:00		11:00		11:00						
edı	12:00		12:00		12:00		12:00						
Sch	1:00		1:00		1:00		1:00						
S . 2	2:00		2:00		2:00		2:00						
Today's	3:00		3:00		3:00	Π.	3:00						
То	4:00		4:00		4:00	7	4:00						
	5:00		5:00		5:00	7	5:00						
	6:00		6:00		6:00	1	6:00						
	7:00		7:00		7:00	1	7:00						
	8:00		8:00		8:00	┪	8:00						
	9:00		9:00		9:00	7	9:00						
eview	What did I enjoy abo today?	ut	What challenged me that I can grow from	?	What did I enjoy about today?	t	My s	pec	ial	gift	s ar	·e	
Evening Review													
	r	Го-]	Do		Habit	Т	rack	ker					
				-	Habit		M	Т	W	Т	F	S	S
nis													
You got this!													
1 go													
Yor													

FRIDAY 23	S 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?
6:00	6:00	6:00	My Belief System:
7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00	6:00	6:00	Home: Friends/ Family:
7:00	7:00	7:00	Physical Mental/ Health: Emotional:
8:00	8:00	8:00	Money: Career:
9:00	9:00	9:00	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.

# Sept 26-Oct 2 Affirm:

	MONDAY 26	TUESDAY	27	WEDNESDAY	28	ТН	UR	SD	ΑY		2	29
ng	Something I can add to	How I can get more		How can I practice		Who	am	Ιg	rate	eful	for	?
rni	my habit tracker is	nutrients today?		self care today?								
Mo												
Good Morning												
Ğ												
.:												
Top					$\dashv$							
_	6:00	6:00		6:00	$\dashv$	6:00						$\dashv$
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						_
	9:00	9:00		9:00		9:00						
	10:00	10:00		10:00		10:00						
le:	11:00	11:00		11:00		11:00						
Schedule:	12:00	12:00		12:00		12:00						
che	1:00	1:00		1:00		1:00						
	2:00	2:00		2:00		2:00						
Today's	3:00	3:00		3:00		3:00						
Т0(	4:00	4:00		4:00		4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
w e	Where in my life can I	What I loved about		What did I love abou	- 1	How		s I c	rea	tive		
Evening Review	set boundaries?	myself today		today?		toda	у?					
Ig R												
nin												
Eve												
一	То-1	Do		Habit Tracker								
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FRIDAY 3	30 SATURDAY	1	SUNDAY	2	WEEKLY REVIEW
The mindset I will create today	3 things I love about my partner	t	How can I be authent today?	ic	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		My Belief System:
7:00	7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00	6:00		6:00		Home: Friends/ Family:
7:00	7:00		7:00		Physical Mental/ Health: Emotional:
8:00	8:00		8:00		Money: Career:
9:00	9:00		9:00		Personal Spiritual Growth: 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.

#### October 2022

	MONDAY	TUESDAY	WEDNESDAY				
THIS MONTH'S FOCUS							
Review your Goal page and action plan. Write the tasks into your calendar & complete your vision	3	4	5				
and action below.  Who do I need to be to achieve my goals?	Indigenous People's Day Columbus Day	11	12				
	17	18	19				
How can I play to win this month?	31 Halloween		26				
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

### October 3-9

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	MONDAY	3	TUESDAY 4	WEDNESDAY 5	ТН	UR	SD	ΑY			6
ng	Things I do well:		What would make	How can I take care of		v ca	n I k	ое а	ссе	pti	ng
Good Morning			today a 10/10?	my body today?	tod	ay?					
d Mc											
300											
$\vdash$											
Top 3:											
T											
	6:00		6:00	6:00	6:00						
	7:00		7:00	7:00	7:00						
	8:00		8:00	8:00	8:00						
	9:00		9:00	9:00	9:00						
	10:00		11:00	10:00	10:00						
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Schedule:	1:00		1:00	1:00	1:00						
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	9:00		9:00	9:00	9:00						
ем	Did my actions match		How could I have made	How did I connect with	Hov		sІр	olay	ful		
Evening Revie	my core values?		today better?	myself today?	tod	ay?					
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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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

# October 10-16 Affirm:\_\_\_\_\_

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А	f	Fi	r	m	:

	10	11	10	17
	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13
Good Morning	What gifts can I share with the world?	Who am I?	What am i grateful for?	How will I move my body today?
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3:				
Тор				
-	6:00	6:00	6:00	6:00
	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00
	9:00	9:00	9:00	9:00
	10:00	10:00	10:00	10:00
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Schedule				
hec	1:00	1:00	1:00	1:00
	2:00	2:00	2:00	2:00
y's				3:00
Today	3:00 4:00	3:00 4:00	3:00 4:00	4:00
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	6:00	6:00	6:00	6:00
	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00
	9:00	9:00	9:00	9:00
Evening Review	Did my actions match my core values?	How could I have made today better?	How did I connect with myself today?	How was I playful today?
Revi	my core varues.	today Better.	myself today.	today.
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			Habit	M T W T F S S
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Samps   Now Call to   Now Call to   Now Call to   Now Call   Now	FRIDAY 1	4 SATURDAY 15	SUNDAY 16	WEEKLY REVIEW
Too   Too   Too   Too   Too   Too   What limiting beliefs showed in week? Where do they come from?	3 things I love about my community:		My intention for today:	Am I happy with how I spent my time this past week? If not, how can I adjust next week?
Too   Too				
Too   Too   Too   Too   Too   Too   What limit ghelies showed up week? Where do they come from?				
Too   Too   Too   Too   Too   Too   What limit ghelies showed up week? Where do they come from?				
Too   Too   Too   Too   Too   Too   What limit ghelies showed up week? Where do they come from?				
8:00   8:00   8:00   8:00   9:00   9:00   9:00   9:00   10:00   10:00   10:00   10:00   11:00   11:00   11:00   11:00   12:0	6:00	6:00	6:00	My Belief System:
8:00   8:00   8:00   8:00   9:00   9:00   9:00   9:00   10:00   10:00   10:00   10:00   11:00   11:00   11:00   11:00   12:0	7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
10:00	8:00	8:00	8:00	
11:00	9:00	9:00	9:00	
12:00	10:00	10:00	10:00	
1:00       1:00         2:00       2:00         3:00       3:00         4:00       4:00         5:00       5:00         5:00       6:00         6:00       How was this week (1-1         6:00       Home: Friends/Family: Family: Family: Physical Mental/Health: Emotional: Emotional: Money: Career: Physical Growth:	11:00	11:00	11:00	
2:00   2:00   2:00	12:00	12:00	12:00	
3:00   3:00   3:00	1:00	1:00	1:00	
4:00	2:00	2:00	2:00	
5:00   5:00   5:00   How was this week (1-1	3:00	3:00	3:00	
How was this week (1-1	4:00	4:00	4:00	
7:00 7:00 7:00 Physical Mental/Emotional: 8:00 8:00 Money: Career: 9:00 9:00 Personal Growth: Growth: How was I curious What do I get to stop What decisions do I What do I get to focus on I	5:00	5:00	5:00	How was this week (1-10)?
Health: Emotional:	6:00	6:00	6:00	
9:00 9:00 Personal Growth:  How was I curious What do I get to stop What decisions do I What do I get to focus on I	7:00	7:00	7:00	
How was I curious What do I get to stop What decisions do I What do I get to focus on it	8:00	8:00	8:00	
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 week? Schedule it.	9:00	9:00	9:00	
		What do I get to stop doing for better health?		What do I get to focus on next week? Schedule it.

# October 17-23 Affirm:

	MONDAY	17	TUESDAY	18	WEDNESDAY 1	9	TH	UR	SD.	ΑY		:	20
ng	What supports do I		3 things I love about		How can we have		How	car	n I l	ead	tod	lay'	?
Good Morning	need this week?		me:		more fun today?	$\dashv$							
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Top 3													
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	6:00		6:00		6:00		6:00						
	7:00		7:00		7:00		7:00						
	8:00		8:00		8:00		8:00						
	9:00		9:00		9:00		9:00						
	10:00		10:00		10:00	-	10:00						
le:	11:00		11:00		11:00	$\dashv$	11:00						
Schedule:	12:00		12:00		12:00	_	12:00						
che	1:00		1:00		1:00	_	1:00						
S	2:00		2:00		2:00	_	2:00						
Today	3:00		3:00		3:00	$\dashv$	3:00						
lod	4:00		4:00		4:00	$\dashv$	4:00						
	5:00		5:00		5:00	$\dashv$	5:00						
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	7:00		7:00		7:00	$\dashv$	7:00						
	8:00		8:00		8:00	_	8:00						
	9:00		9:00		9:00	-	9:00						
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/iew	What did I enjoy abo today?	ut	What challenged me that I can grow from	?	What did I enjoy abou today?	t	My s	pec	ial	gift	s ar	е	
Rev	To day .		l l l l l l l l l l l l l l l l l l l		loudy.	$\dashv$							
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FRIDAY	21	SATURDAY 2	22	SUNDAY	23	WEEKLY REVIEW
What can I start doin for better health?	g	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
What (specifically) would I like to let go of?		What surprised me mostoday?	st	In what area would I like to grow?		What do I get to focus on next week? Schedule it.

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	MONDAY 24	TUESDAY	25	WEDNESDAY	26	ТН	UR	SD.	ΑY			27
ng	Something I can add to	How I can get more		How can I practice		Who	am	Ιg	rate	eful	for	?
Good Morning	my habit tracker is	nutrients today?		self care today?								
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Top												
	6:00	6:00		6:00		6:00						_
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	9:00	9:00		9:00		9:00						
	10:00	10:00		10:00		10:00						
e:	11:00	11:00		11:00		11:00						
Schedule:	12:00	12:00		12:00		12:00						
che	1:00	1:00		1:00		1:00						
S	2:00	2:00		2:00		2:00						
Today	3:00	3:00		3:00		3:00						
Γod	4:00	4:00		4:00		4:00						
	5:00	5:00		5:00		5:00						
	6:00	6:00		6:00		6:00						
	7:00	7:00		7:00		7:00						
	8:00	8:00		8:00		8:00						
	9:00	9:00		9:00		9:00						
iew.	Where in my life can I	What I loved about		What did I love abou	ut	How		s I c	rea	tive	9	
	set boundaries?	myself today		today?		toda	у?					
g Rev												
Evening												
Eve												
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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 authent today?	ic	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		
9:00		9:00		9:00		
.0:00		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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
What went well toda	у?	How did I listen to myself today?		What was fun about today?		What do I get to focus on next week? Schedule it.

#### November 2022

	MONDAY	TUESDAY	WEDNESDAY
THIS MONTH'S FOCUS		1	2
American Indian Heritage Month	_		
	7	Election Day 8	9
Review your Goal page and action plan.			
Write the tasks into			
your calendar &			
complete your vision			
and action below.	14	15	16
Who do I need to be to achieve my goals?			
	21	22	<u>23</u>
	21	22	
How can I play to win this month?	28	29	30
win this month?			
	Action Steps T	his Month	

THURSDAY	FRIDAY		SATURDAY	SUNDAY	
3		4	5	Daylight Saving Time ends	6
10	Veterans Day	11	12		13
17		18	19		20
Thanksgiving Day 24	Native American Heritage Day	25	26		27
31					

Vision

# Oct 28- Nov 6 Affirm:

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	MONDAY 28	TUESDAY 1	WEDNESDAY 2	THURSDAY 3
ning	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?
Good Morning				
3:				
Тор				
	6:00	6:00	6:00	6:00
	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00
	9:00	9:00	9:00	9:00
	10:00	10:00	10:00	10:00
ıle:	11:00	11:00	11:00	11:00
Schedule	12:00	12:00	12:00	12:00
Sch	1:00	1:00	1:00	1:00
	2:00	2:00	2:00	2:00
Today's	3:00	3:00	3:00	3:00
To	4:00	4:00	4:00	4:00
	5:00	5:00	5:00	5:00
	6:00	6:00	6:00	6:00
	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00
	9:00	9:00	9:00	9:00
eview	Did my actions match my core values?	How could I have made today better?	How did I connect with myself today?	How was I playful today?
Evening Review				
	То	-Do	Habit '	Tracker
			Habit	M T W T F S S
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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?	p	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		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00		8:00		
9:00		9:00		9:00		
LO: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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt	h?	What decisions do I need to make?		What do I get to focus on next week? Schedule it.

	MONDAY	7	TUESDAY	8	WEDNESDAY	9	ТН	UR	SD.	ΑY		10	О
ning	What gifts can I shar with the world?	e	Who am I?		What am i grateful for?		How body				e my	7	
Good Morning													
Top 3:													
	6:00		6:00		6:00	╛	6:00						┪
	7:00		7:00		7:00		7:00						
	8:00		8:00		8:00		8:00						
	9:00		9:00		9:00	-	9:00						
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	7:00		7:00		7:00	-	7:00						
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	9:00		9:00		9:00	$\dashv$	9:00						$\exists$
view	Did my actions match my core values?	ı	How could I have mad today better?	le	How did I connect win	th	How toda		sІр	olay	ful		
Evening Review													
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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	My Belief System:
7:00		7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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	How was this week (1-10)?
6:00		6:00	6:00	Home: Friends/ Family:
7:00		7:00	7:00	Physical Mental/ Health: Emotional:
8:00		8:00	8:00	Money: Career:
9:00		9:00	9:00	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.

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	MONDAY	14	TUESDAY	15	WEDNESDAY 16	ТН	ΠD	SD	ΔV			17
0.0		17	3 things I love about		How can we have	How				ltod		
Good Morning	need this week?		me:		more fun today?							
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	6:00		6:00		6:00	6:00						_
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Today's	3:00		3:00		3:00	3:00						
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	5:00		5:00		5:00	5:00						
	6:00		6:00		6:00	6:00						
	7:00		7:00		7:00	7:00						
	8:00		8:00		8:00	8:00						
	9:00		9:00		9:00	9:00						
M	What did I enjoy abou	ıt	What challenged me		What did I enjoy about	Mys	spec	ial	gift	s aı	·e	
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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	My Belief System:
7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00	8:00	8:00	now can I replace them?
9:00	9:00	9:00	
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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	How was this week (1-10)?
6:00	6:00	6:00	Home: Friends/ Family:
7:00	7:00	7:00	Physical Mental/ Health: Emotional:
8:00	8:00	8:00	Money: Career:
9:00	9:00	9:00	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.

	MONDAY 21	TUESDAY	22	WEDNESDAY	23	ТН	ΠR	SD	ΑV			24
0.0	Something I can add to	How I can get more		How can I practice		Who				eful	_	
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	8:00	8:00		8:00		8:00						
L	9:00	9:00		9:00		9:00						
	Where in my life can I set boundaries?	What I loved about myself today		What did I love abou today?	t	How toda		s I c	rea	tive	9	
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FRIDAY 2	25 SATURDAY	26	SUNDAY 2	27	WEEKLY REVIEW
The mindset I will create today	3 things I love aboumy partner	ıt	How can I be authentic today?	С	Am I happy with how I spent my time this past week? If not, how can I adjust next week?
				$\dashv$	
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6:00	6:00		6:00		My Belief System:
7:00	7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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3:00	3:00		3:00		
4:00	4:00		4:00		
5:00	5:00		5:00	┪	How was this week (1-10)?
6:00	6:00		6:00		Home: Friends/ Family:
7:00	7:00		7:00		Physical Mental/ Health: Emotional:
8:00	8:00		8:00		Money: Career:
9:00	9:00		9:00		Personal Spiritual Growth: 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.
				$\neg$	

#### Nov 28-Dec 4

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	MONDAY 2	28	TUESDAY	29	WEDNESDAY 30	ТН	UR	SD.	ΑY			1
ning	What can I do for someone else this week?		What movement does my body crave today	?	Who can I connect to today?	I fee	el lu ause	cky	tod	lay		
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	8:00		8:00		8:00	8:00						
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ie	How was my communication today?	?	What I noticed about myself today	:	What did I do really well today?	Whatoda	t ca	n I	forg	give		
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FRIDAY	2	SATURDAY 3	3	SUNDAY	4	WEEKLY REVIEW
Who do I admire? why	у?	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?
5:00		6:00		6:00		My Belief System:
7:00		7:00		7:00		What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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		How was this week (1-10)?
6:00		6:00		6:00		Home: Friends/ Family:
7:00		7:00		7:00		Physical Mental/ Health: Emotional:
8:00		8:00		8:00		Money: Career:
9:00		9:00		9:00		Personal Spiritual Growth: 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.

#### December 2022

	MONDAY	TUESDAY	WEDNESDAY
THIS MONTH'S FOCUS			
	5	6	7
Review your Goal			
page and action plan.			
Write the tasks into your calendar &			
complete your vision			
and action below.	12	13	14
	12	10	
Who do I need to be to achieve my goals?			
to achieve my goars:			
		_	
	19	20	Winter Solstice 21
How can I play to	26	27	28
win this month?			
	Action Steps T	his Month	
	riction Steps 1	1110 111011	

THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4
8	9	10	11
15	16	17	18
22		Christmas Eve 24	Christmas Day 25
29	30		

Vision

	MONDAY	5 Т	UESDAY	6	WEDNESDAY 7	ТН	UR	SD	ΑY			8	
ng	Things I do well:	- 1	hat would make		How can I take care of	How		n I k	е а	ссе	ptii	ng	
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W	Did my actions match	Н	ow could I have ma	d e	How did I connect with	How	wa	sIp	olay	ful			
	my core values?	to	day better?		myself today?	toda	y?						
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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?
_				
6:00		6:00	6:00	My Belief System:
7:00		7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00		8:00	8:00	
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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	How was this week (1-10)?
6:00		6:00	6:00	Home: Friends/ Family:
7:00		7:00	7:00	Physical Mental/ Health: Emotional:
8:00		8:00	8:00	Money: Career:
9:00		9:00	9:00	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.

# Dec 12-18 Affirm:\_\_\_\_\_

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	MONDAY	12 TUESDAY	13		14	TH					_	15
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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?
6:00		6:00		6:00	My Belief System:
7:00		7:00		7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
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9:00		9:00		9:00	
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4:00		4:00		4:00	-
5:00		5:00		5:00	How was this week (1-10)?
6:00		6:00		6:00	Home: Friends/ Family:
7:00		7:00		7:00	Physical Mental/ Health: Emotional:
8:00		8:00		8:00	Money: Career:
9:00		9:00		9:00	Personal Spiritual Growth: Growth:
How was I curious today?		What do I get to stop doing for better healt:	h?	What decisions do I need to make?	What do I get to focus on next week? Schedule it.

MONDAY 19 TUESDAY 20 WEDNESDAY 21 THURSDAY

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Good Morning	What supports do need this week?	I	3 things I love about me:	How can we have more fun today?	How	car	ıIl	ead	too	layi	?
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FRIDAY 23	S 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?
6:00	6:00	6:00	My Belief System:
7:00	7:00	7:00	What limiting beliefs showed up this week? Where do they come from? How can I replace them?
8:00	8:00	8:00	
9:00	9:00	9:00	
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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	How was this week (1-10)?
6:00	6:00	6:00	Home: Friends/ Family:
7:00	7:00	7:00	Physical Mental/ Health: Emotional:
8:00	8:00	8:00	Money: Career:
9:00	9:00	9:00	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.

#### Dec 26-Jan 1

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	MONDAY 2	TUESDAY	27	WEDNESDAY	28	TH	UR	SD.	ΑY		2	29
ng	Something I can add t			How can I practice		Who	am	Ιg	rate	eful	for	?
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	9:00	9:00		9:00		9:00						
/iew	Where in my life can I	What I loved about		What did I love abo	ut	How		s I c	rea	tive		
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FRIDAY 3	30 SATURDAY	31	SUNDAY	1	WEEKLY REVIEW
The mindset I will create today	3 things I love abou my partner	t	How can I be authent today?	ic	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		My Belief System:
7:00	7:00		7:00		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		How was this week (1-10)?
6:00	6:00		6:00		Home: Friends/ Family:
7:00	7:00		7:00		Physical Mental/ Health: Emotional:
8:00	8:00		8:00		Money: Career:
9:00	9:00		9:00		Personal Spiritual Growth: 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.