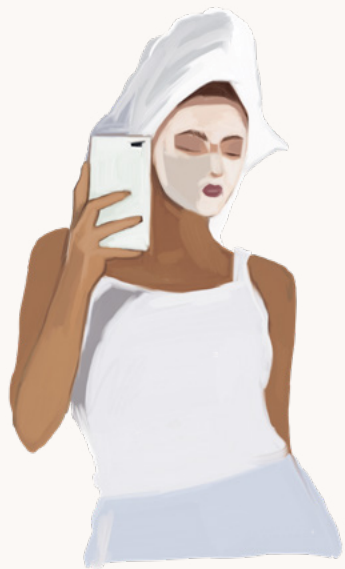




THAT GIRL

planner





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YEAR AT A GLANCE

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MONTHLY CALENDARS

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

MONTHLY VISION BOARD

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
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MONTHLY HEALTHY HABITS

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
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MONTHLY REFLECTION

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
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BECOMING "THAT GIRL"

BECOMING "THAT GIRL"
"THAT GIRL" THEME
BECOMING "THAT GIRL"
TOP PLACES I WANT TO VISIT
MY DREAM LIFE
GOAL SETTING
DESIGNING HIGH VIBE HABITS
MY FAVORITE QUOTES
"THAT GIRL" POSITIVE AFFIRMATIONS

WELLNESS

WHEEL OF LIFE
MEAL PLANNER
FITNESS LOG
PERIOD TRACKER
SELF-CARE GOALS
WEEKLY SELF-CARE TRACKER
SKINCARE ROUTINE
"THAT GIRL" SELF-CARE ROUTINE
GRATITUDE JAR
READING WISHLIST
MOVIES & TV SERIES
PODCASTS
YOUTUBE
RECIPES

PRODUCTIVITY

GOAL PLANNER
30 DAY CHALLENGE
MIND MAP
BUCKET LIST
TRAVEL PLANNER
WISHLIST
LOGINS
CLEANING SCHEDULE

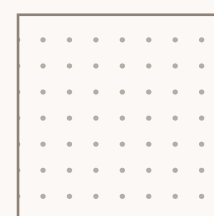
FINANCES

YEARLY FINANCES
MONTHLY BUDGET PLANNER
SPENDING TRACKER
SUBSCRIPTION TRACKER
BILL PAYMENT TRACKER
DEBT PAYMENT TRACKER
52 WEEK SAVINGS CHALLENGE

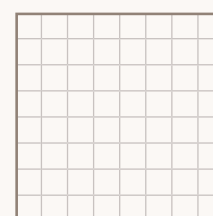
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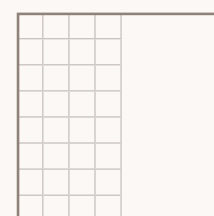
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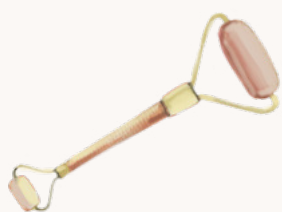


Half Grid



BECOMING "THAT GIRL"

Dedicated to discovering her potential, she prioritizes her well-being, mental health and self-care. She only concerns herself with things that make her happy and can bring her peace of mind. She is not concerned with having the picture-perfect life but a life she doesn't need a break from.





We need balance in our lives, too much of one thing isn't good. Sure, you want to become “That Girl”, but you don't want to be miserable trying to get there. Becoming “That Girl” is more of a mindset than having the picture-perfect life. It's all about striving to become a better version of yourself each and every day (in a non-toxic way). You don’t need to be the fittest girl in the world and eat the healthiest foods every day. There is nothing wrong with enjoying pizza with friends without feeling guilty for not eating a healthy salad. There is nothing wrong with enjoying lazy days on the couch or late nights laughing and making memories. There is no point beating yourself up for not rigidly sticking to your routine every day.

We are only human and our energy ebbs and flows, depletes and grows, just like the phases of the moon. In some situations, we may feel like we're hitting every goal we've set, while in others, we don't see the point.

There is nothing wrong with trying to improve your life with healthy changes and new habits, by taking these small steps, you will be able to become “That Girl”, on your terms, your own way. You will do this by having fun and believing in yourself, while learning new things, meeting new people, and pushing yourself to do things you never thought you could. This is your time to improve yourself. Right now, you are the most important person in your life, and you can accomplish anything.

Take your time in becoming the new you and when you reach your destination, you can look back and reflect on how much you have learned, how much you have changed, and how much fun you have had along the way...

You'll be grateful one year from now for starting. We need to remember that if we do not like the way our life is right now, we can change it. We have the power to create the life we want. It has always been within us, and it will always be within us. It's just a matter of making the right choices and deciding that no matter what, we're going to work on ourselves.

*Your life is yours to live, and there is nothing standing in your way!
Start making it the year to be the person you've always dreamed of becoming!*





MUST DO:



REDISCOVER YOUR AUTHENTIC SELF



When you identify who you want to be, you can plan how to become your best self. Think about the end goal – ***your ideal self*** – and take steps toward it.



SET REALISTIC GOALS

You can dramatically change your life by making small positive changes. Don't try to change everything all at once. Making small changes will result in massive changes!

You can become “That Girl” in your own way, someone’s portrayal of becoming “That Girl” will look very different to yours. Rather than focusing on something that doesn't suit you, focus on something YOU enjoy. You are more likely to stick with changes and new habits if you enjoy them.

LOOK AFTER YOURSELF AND TAKE TIME OUT TO PAMPER YOURSELF

You need to take some time to look after yourself and prioritize yourself in order to grow into the best version of yourself.

NAIL YOUR MORNING AND EVENING ROUTINES

Having a good morning and evening routine will make your journey to becoming “That Girl” so much easier. You may find it hard at first, but no one says you have to get up at 5 a.m., work out for an hour, meditate for 45 minutes and eat spinach first thing. You will, however, be able to prepare yourself mentally and physically for the day if you have a structured morning routine.

Have you ever woken up late, run around trying to get ready, and then had a stressful morning that led to a stressful day?

When you have a morning routine, you can eliminate stress and have a calm morning, which will help you keep a positive outlook and mindset.

The same goes with an evening routine, if you prepare for your day the night before, you make your life so much easier. We are all about reducing stress and allowing yourself more time for you. Having an evening routine also helps you wind down naturally and helps your body start preparing for sleep.





LOOK AFTER YOUR BODY THROUGH NUTRITIOUS FOODS AND WORKING OUT

In order to be at your optimal health level, you need to have a healthy diet. You must keep your body hydrated by drinking enough water. When you combine eating a varied diet with drinking plenty of water, you are not only looking after your physical body, but you are also looking after your mental health. We can suffer from low moods when we don't eat the right foods or when we are dehydrated. It all starts on the inside. When we take care of our inside, the outside glows. Exercising releases endorphins. Moving our body daily, even if it's just for a walk, lifts our spirits and clears our minds. Take note of how you speak to yourself

Stop saying you can't do something or you won't do something. Turn it around, because ***you CAN and you WILL.***

WORK WITH THE LAW OF ATTRACTION AND MANIFESTATION

You can manifest anything you desire. Even if you are not aware of the Law of Attraction, it is always active. Everything is made up of energy, and we are constantly vibrating at some frequency or another. Like attracts like and the more you radiate positivity, the more positive experiences, outcomes and people you will attract into your world. As you become aware of your ability to create your reality, you can start to manifest your desires. One of the ways to manifest your desires is by working with the Law of Attraction. Once you understand this concept and start the manifestation process, you will start to notice how quickly your reality changes...

STOP COMPARING YOURSELF TO OTHERS

We all have it at some point. We need to remember that everyone is different, and we are all on our own journey. You cannot compare your day 1 to somebody else's day 452.

And the most important point to take away from all of this...

HAVE FUN!

***Being "That Girl" is all about growing into the best version of yourself!
Now is the time to become the person you have always envisioned!***



CALENDAR

	JANUARY						
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Key Dates

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

This quarter's focus:

I am looking forward to...

JANUARY

FEBRUARY

MARCH

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This quarter's focus:

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OCTOBER

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Stop Doing

Do Less

Keep Doing

Do More

Start Doing



JANUARY

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

VISION BOARD

JANUARY

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION



JAN

FEB

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APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

HEALTHY HABITS

JANUARY

SELF-CARE HABIT TRACKER

PHYSICAL, EMOTIONAL & MENTAL HEALTH

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

WED

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FRI

SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
- ☐
- ☐
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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

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3. ☐

TO DO LIST

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MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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W1 W2 W3 W4 W5

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MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 **W4** W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TO DO LIST

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NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

SCHEDULE

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

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TO DO LIST

SELF-CARE

TODAY I AM GRATEFUL FOR...

MEALS & WATER

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TODAY'S PRIORITIES

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TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

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SELF-CARE

MEALS & WATER

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TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

MONTHLY REFLECTION

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

JANUARY

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
YOUR ENVIRONMENT	☆	☆	☆	☆	☆
PERSONAL DEVELOPMENT	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆
MONEY & FINANCES	☆	☆	☆	☆	☆
CAREER OR BUSINESS	☆	☆	☆	☆	☆

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.



FEBRUARY

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

VISION BOARD

FEBRUARY

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION

|||

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

HEALTHY HABITS

FEBRUARY

SELF-CARE HABIT TRACKER

PHYSICAL, EMOTIONAL & MENTAL HEALTH

[illegible]

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

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TUE

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
- ☐
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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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NOTES & INSPIRATION

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W1 W2 W3 W4 W5

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NOTES & INSPIRATION

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W1 W2 W3 **W4** W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TO DO LIST

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	M	T	W	T	F	S	S
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NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 **W5**

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SELF-CARE

MEALS & WATER

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

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TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

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NOTES & INSPIRATION

MONTHLY REFLECTION

FEBRUARY

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
YOUR ENVIRONMENT	☆	☆	☆	☆	☆
PERSONAL DEVELOPMENT	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆
MONEY & FINANCES	☆	☆	☆	☆	☆
CAREER OR BUSINESS	☆	☆	☆	☆	☆

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.



MARCH

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

MARCH

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

SUN

MON

TUE

WED

THU

FRI

SAT

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

MY FOCUS

MONTHLY INTENTION

PRIORITIES

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TO DO LIST

NOTES, IDEAS & INSPIRATION

IAN

FEB

MAR

APR

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JUN

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AUG

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DEC

VISION BOARD

MARCH

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION



JAN

FEB

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MAY

JUN

JUL

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DEC

HEALTHY HABITS

MARCH

SELF-CARE HABIT TRACKER

PHYSICAL, EMOTIONAL & MENTAL HEALTH

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐

2. ☐

3. ☐

TO DO LIST

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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

SUN	
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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1.

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TO DO LIST

Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
PHYSICAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
SPIRITUAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
EMOTIONAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

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TO DO LIST

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	M	T	W	T	F	S	S
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PHYSICAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
SPIRITUAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
EMOTIONAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 **W4** W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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NOTES & INSPIRATION

WEEK OF:

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SCHEDULE

WORKOUT OF THE DAY

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

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TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

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SELF-CARE

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NOTES & INSPIRATION

MONTHLY REFLECTION

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

MARCH

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL

RELATIONSHIPS

HEALTH & FITNESS

SPIRITUALITY

YOUR ENVIRONMENT

PERSONAL DEVELOPMENT

FUN & RECREATION

MONEY & FINANCES

CAREER OR BUSINESS

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.

|||

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



APRIL

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

|||

JAN

FEB

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JUN

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VISION BOARD

APRIL

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION

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JAN

FEB

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MAY

JUN

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HEALTHY HABITS

APRIL

SELF-CARE HABIT TRACKER

[illegible]

PHYSICAL, EMOTIONAL & MENTAL HEALTH

[illegible]

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

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2. ☐

3. ☐

TO DO LIST

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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

WED

THU

FRI

SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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TO DO LIST

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NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 **W4** W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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W1 W2 W3 W4 **W5**

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TODAY'S PRIORITIES

1.

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TO DO LIST

SELF-CARE

TODAY I AM GRATEFUL FOR...

MEALS & WATER

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NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

SCHEDULE

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NOTES & INSPIRATION

MONTHLY REFLECTION

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

APRIL

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL

RELATIONSHIPS

HEALTH & FITNESS

SPIRITUALITY

YOUR ENVIRONMENT

PERSONAL DEVELOPMENT

FUN & RECREATION

MONEY & FINANCES

CAREER OR BUSINESS

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.

|||

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



MAY

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

|||

JAN

FEB

MAR

APR

MAY

JUN

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DEC

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WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

MY FOCUS

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

NOTES, IDEAS & INSPIRATION

VISION BOARD

MAY

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION

- |||
- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

HEALTHY HABITS

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

MAY

SELF-CARE HABIT TRACKER

[illegible]

PHYSICAL, EMOTIONAL & MENTAL HEALTH

[illegible]

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APR

MAY

JUN

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NOV

DEC

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

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TUE

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
- ☐
- ☐
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- ☐

Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

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TUE

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1. ☐
2. ☐
3. ☐

TO DO LIST

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	M	T	W	T	F	S	S
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EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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	M	T	W	T	F	S	S
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NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

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TO DO LIST

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NOTES & INSPIRATION

WEEK OF:

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SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TO DO LIST

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TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

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SELF-CARE

MEALS & WATER

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NOTES & INSPIRATION

MONTHLY REFLECTION

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

MAY

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL

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RELATIONSHIPS

☆ ☆ ☆ ☆ ☆

HEALTH & FITNESS

☆ ☆ ☆ ☆ ☆

SPIRITUALITY

☆ ☆ ☆ ☆ ☆

YOUR ENVIRONMENT

☆ ☆ ☆ ☆ ☆

PERSONAL DEVELOPMENT

☆ ☆ ☆ ☆ ☆

FUN & RECREATION

☆ ☆ ☆ ☆ ☆

MONEY & FINANCES

☆ ☆ ☆ ☆ ☆

CAREER OR BUSINESS

☆ ☆ ☆ ☆ ☆

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.

|||

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JUN

JUL

AUG

SEP

OCT

NOV

DEC



JUNE

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

JUNE

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

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WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

MY FOCUS

MONTHLY INTENTION

PRIORITIES

1.

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TO DO LIST

NOTES, IDEAS & INSPIRATION

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VISION BOARD

JUNE

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION



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HEALTHY HABITS

JUNE

SELF-CARE HABIT TRACKER

[illegible]

PHYSICAL, EMOTIONAL & MENTAL HEALTH

[illegible]

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

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2. ☐

3. ☐

TO DO LIST

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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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2. ☐
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TO DO LIST

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	M	T	W	T	F	S	S
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NOTES & INSPIRATION

WEEK OF:

W1 W2 **W3** W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

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TO DO LIST

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MENTAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
PHYSICAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
SPIRITUAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
EMOTIONAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

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WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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SELF-CARE

MEALS & WATER

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

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TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

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TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

MONTHLY REFLECTION

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

JUNE

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL

RELATIONSHIPS

HEALTH & FITNESS

SPIRITUALITY

YOUR ENVIRONMENT

PERSONAL DEVELOPMENT

FUN & RECREATION

MONEY & FINANCES

CAREER OR BUSINESS

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.

|||

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



JULY

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

|||

JAN

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VISION BOARD

JULY

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION

|||

JAN

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WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1.

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3.

TO DO LIST

Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
PHYSICAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
SPIRITUAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
EMOTIONAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

WED

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SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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2. ☐
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TO DO LIST

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	M	T	W	T	F	S	S
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EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 **W4** W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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TO DO LIST

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NOTES & INSPIRATION

WEEK OF:

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SCHEDULE

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WORKOUT OF THE DAY

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NOTES & INSPIRATION

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SELF-CARE

MEALS & WATER

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

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TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

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NOTES & INSPIRATION

MONTHLY REFLECTION

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

JULY

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL

☆ ☆ ☆ ☆ ☆

RELATIONSHIPS

☆ ☆ ☆ ☆ ☆

HEALTH & FITNESS

☆ ☆ ☆ ☆ ☆

SPIRITUALITY

☆ ☆ ☆ ☆ ☆

YOUR ENVIRONMENT

☆ ☆ ☆ ☆ ☆

PERSONAL DEVELOPMENT

☆ ☆ ☆ ☆ ☆

FUN & RECREATION

☆ ☆ ☆ ☆ ☆

MONEY & FINANCES

☆ ☆ ☆ ☆ ☆

CAREER OR BUSINESS

☆ ☆ ☆ ☆ ☆

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.

|||

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



AUGUST

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

VISION BOARD

AUGUST

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION



JAN

FEB

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DEC

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1.

2.

3.

TO DO LIST

Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
PHYSICAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
SPIRITUAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
EMOTIONAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

WED

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FRI

SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

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	M	T	W	T	F	S	S
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EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 **W4** W5

SCHEDULE

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WORKOUT OF THE DAY

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TO DO LIST

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NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 **W5**

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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NOTES & INSPIRATION

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My daily affirmation

SCHEDULE

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

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TO DO LIST

SELF-CARE

TODAY I AM GRATEFUL FOR...

MEALS & WATER

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NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

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NOTES & INSPIRATION

MONTHLY REFLECTION

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

AUGUST

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL

RELATIONSHIPS

HEALTH & FITNESS

SPIRITUALITY

YOUR ENVIRONMENT

PERSONAL DEVELOPMENT

FUN & RECREATION

MONEY & FINANCES

CAREER OR BUSINESS

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.

|||

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



SEPTEMBER

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

VISION BOARD

SEPTEMBER

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION

- |||
- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

HEALTHY HABITS

SEPTEMBER

SELF-CARE HABIT TRACKER

[illegible]

PHYSICAL, EMOTIONAL & MENTAL HEALTH

[illegible]

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1.

2.

3.

TO DO LIST

Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
PHYSICAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
SPIRITUAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
EMOTIONAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

WED

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SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
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Weekly self-care:

	M	T	W	T	F	S	S
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PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 **W3** W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TO DO LIST

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W1 W2 W3 **W4** W5

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NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 **W5**

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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TOP PRIORITIES TO GET CLOSER TO MY GOALS

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TO DO LIST

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NOTES & INSPIRATION

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TODAY'S PRIORITIES

1.

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3.

TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

SCHEDULE

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

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TO DO LIST

SELF-CARE

TODAY I AM GRATEFUL FOR...

MEALS & WATER

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NOTES & INSPIRATION

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My daily affirmation

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TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

MONTHLY REFLECTION

SEPTEMBER

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
YOUR ENVIRONMENT	☆	☆	☆	☆	☆
PERSONAL DEVELOPMENT	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆
MONEY & FINANCES	☆	☆	☆	☆	☆
CAREER OR BUSINESS	☆	☆	☆	☆	☆

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.



OCTOBER

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

|||

JAN

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APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

OCTOBER

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

VISION BOARD HEALTHY HABITS MONTHLY REFLECTION

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

MY FOCUS

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

NOTES, IDEAS & INSPIRATION

VISION BOARD

OCTOBER

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION

|||

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AUG

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OCT

NOV

DEC

HEALTHY HABITS

OCTOBER

SELF-CARE HABIT TRACKER

[illegible]

PHYSICAL, EMOTIONAL & MENTAL HEALTH

[illegible]

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

WED

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SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
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- ☐

Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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	M	T	W	T	F	S	S
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PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

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NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 **W4** W5

SCHEDULE

SUN

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

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1.

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TO DO LIST

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	M	T	W	T	F	S	S
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PHYSICAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
SPIRITUAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
EMOTIONAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 **W5**

SCHEDULE

WORKOUT OF THE DAY

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NOTES & INSPIRATION

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

1.

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TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

SCHEDULE

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SELF-CARE

MEALS & WATER

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NOTES & INSPIRATION

MONTHLY REFLECTION

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

OCTOBER

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
YOUR ENVIRONMENT	☆	☆	☆	☆	☆
PERSONAL DEVELOPMENT	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆
MONEY & FINANCES	☆	☆	☆	☆	☆
CAREER OR BUSINESS	☆	☆	☆	☆	☆

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.



NOVEMBER

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

VISION BOARD

NOVEMBER

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION

- |||
- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

HEALTHY HABITS

NOVEMBER

SELF-CARE HABIT TRACKER

[illegible]

PHYSICAL, EMOTIONAL & MENTAL HEALTH

[illegible]

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

WED

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SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
- ☐
- ☐
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- ☐
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- ☐

Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

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MENTAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
PHYSICAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
SPIRITUAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
EMOTIONAL	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

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NOTES & INSPIRATION

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W1 W2 W3 **W4** W5

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NOTES & INSPIRATION

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TODAY'S PRIORITIES

1.

2.

3.

TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

SCHEDULE

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INTENTION FOR THE DAY

TODAY'S PRIORITIES

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TO DO LIST

SELF-CARE

TODAY I AM GRATEFUL FOR...

MEALS & WATER

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NOTES & INSPIRATION

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My daily affirmation

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TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

MONTHLY REFLECTION

NOVEMBER

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
YOUR ENVIRONMENT	☆	☆	☆	☆	☆
PERSONAL DEVELOPMENT	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆
MONEY & FINANCES	☆	☆	☆	☆	☆
CAREER OR BUSINESS	☆	☆	☆	☆	☆

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.



DECEMBER

My monthly goals



PERSONAL GOAL

HEALTH GOAL

CAREER GOAL

FINANCIAL GOAL

SPIRITUAL GOAL

VISION BOARD

DECEMBER

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION
- YEARLY REFLECTION

- |||
- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

HEALTHY HABITS

DECEMBER

SELF-CARE HABIT TRACKER

MONTHLY CALENDAR

VISION BOARD

HEALTHY HABITS

MONTHLY REFLECTION

YEARLY REFLECTION

[illegible]

PHYSICAL, EMOTIONAL & MENTAL HEALTH

[illegible]

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

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WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐

2. ☐

3. ☐

TO DO LIST

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Weekly self-care:

	M	T	W	T	F	S	S
MENTAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTES & INSPIRATION

WEEK OF:

W1 W2 W3 W4 W5

SCHEDULE

WORKOUT OF THE DAY

WHAT WOULD MAKE THIS WEEK GREAT?

SUN

MON

TUE

WED

THU

FRI

SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1. ☐
2. ☐
3. ☐

TO DO LIST

- ☐
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	M	T	W	T	F	S	S
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PHYSICAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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WEEK OF:

W1 W2 W3 **W4** W5

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NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

SCHEDULE

5AM

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

SELF-CARE

MEALS & WATER

B

L

D

S

W

INTENTION FOR THE DAY

TODAY'S PRIORITIES

1.

2.

3.

TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

Today I am feeling...

My daily affirmation

SCHEDULE

5AM

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

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MEALS & WATER

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SCHEDULE

5AM

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

SELF-CARE

MEALS & WATER

B

L

D

S

W

INTENTION FOR THE DAY

TODAY'S PRIORITIES

1.

2.

3.

TO DO LIST

TODAY I AM GRATEFUL FOR...

NOTES & INSPIRATION

MONTHLY REFLECTION

DECEMBER

- MONTHLY CALENDAR
- VISION BOARD
- HEALTHY HABITS
- MONTHLY REFLECTION
- YEARLY REFLECTION

How did I feel emotionally and physically this month?

Did I feel mentally at peace?

Did I follow my self-care routine?

What am I spending too little / too much time on?

What areas of my life did I grow the most in?

1.

2.

3.

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
YOUR ENVIRONMENT	☆	☆	☆	☆	☆
PERSONAL DEVELOPMENT	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆
MONEY & FINANCES	☆	☆	☆	☆	☆
CAREER OR BUSINESS	☆	☆	☆	☆	☆

Did I meet my goals for the month?

What inspired me this month?

What are the things I am grateful for this month?

1.

2.

3.

Yearly Reflection

How would I describe this year in one word?

In what area do I feel I've made my biggest improvements?

What is the most important goal I achieved this year?

How did I grow as a person?

What are the most important things I learned this year?

What was challenging or disappointing? What held me back?

If I could go back to last January 1, what suggestions would I give my past self?

Looking back overall, how do I rate my happiness on a scale of 1–10?

“That Girl”
THEME

I WANT TO START

I WANT TO CONTINUE

I WANT TO STOP

I WANT TO LEARN

I WANT TO TRY

I WANT TO EXPERIENCE

I WANT TO FOCUS ON

I WANT TO BE

I WANT TO FEEL

Becoming "That Girl"

	WHERE AM I NOW?	WHERE DO I WANT TO BE?	HOW CAN I GET THERE?
HEALTH & FITNESS			
SPIRITUALITY			
FAMILY			
LOVE			
SOCIAL			
CAREER & BUSINESS			
FINANCE			
FUN & RECREATION			
PERSONAL DEVELOPMENT			

Top Places I Want to Visit



01. _____
02. _____
03. _____
04. _____
05. _____
06. _____
07. _____
08. _____
09. _____
10. _____

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

JAN

FEB

MAR

APR

MAY

JUN

לטן

AUG

SEP

OCT

NOV

DEC

Achievements

On this side, write down all the things you want to ACHIEVE in your life – physically, financially, relationship wise, in your career etc.

Experiences

On this side, write down all the things you want to EXPERIENCE in your life – happiness, new places, foods etc.

Goal Setting

MY GOAL	MY WHY (WHY IS IT IMPORTANT TO ME?)	STEPS TO MAKE IT HAPPEN	REWARD IF ACHIEVED
		<input type="radio"/>	
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Designing High Vibe Habits

HABITS TO BREAK

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MY IDEAL HABITS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MY IDEAL MORNING ROUTINE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MY IDEAL EVENING ROUTINE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WHAT POSITIVE HABITS CAN I IMPLEMENT INTO MY DAYS IN ORDER TO BECOME "THAT GIRL"?

My Favorite Quotes

“

*Keep taking time for yourself
until you are you again.*

– LALAH DELIA

”

“

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JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

"That Girl"

POSITIVE AFFIRMATIONS

- ✦ I am capable of whatever I put my mind to.
- ✦ I am the creator of my own reality.
- ✦ I am ready to receive abundance and blessings.
- ✦ I am bigger than my doubts, stronger than my fears and more than capable of achieving my goals.
- ✦ This year I am going to achieve all that I have set out to do.
- ✦ My priority this year is to take care of myself.
- ✦ I love how I look after and nourish my body, mind and soul.
- ✦ I am powerful and the possibilities are endless.
- ✦ I am filled with positive energy.
- ✦ I attract abundance, prosperity and health into my life with ease.
- ✦ I am focused and willing to expand my knowledge.
- ✦ I am deserving of happiness, success, love and peace.
- ✦ I believe in myself.
- ✦ My confidence grows stronger every day.
- ✦ I am confident in my abilities to make a difference in this world.
- ✦ I value myself and the choices I am making.
- ✦ I focus on what I can control and make peace with what I can't.
- ✦ I know my worth and remind others of theirs.
- ✦ I am grateful for everything I have in my life and for the people I surround myself with.
- ✦ My success is inevitable and I am always on the right path.
- ✦ My life is overflowing with incredible ideas and opportunities.
- ✦ My health and well-being are growing stronger every day.
- ✦ I am a powerful, beautiful and unstoppable human being.
- ✦ Life is good and keeps getting better.
- ✦ I achieve my goals and dreams with ease.
- ✦ I am learning and experiencing new things every day.
- ✦ I am growing in confidence with every waking moment.
- ✦ I attract like-minded, positive and impactful people into my life.
- ✦ I am healthy, energized and optimistic in life.
- ✦ I am living my life with intention and purpose.
- ✦ Money flows easily and freely to me.
- ✦ This is my time to level up and become the person I have always dreamed of.
- ✦ I am constantly attracting new and exciting opportunities into my life.
- ✦ I easily and happily attract abundance into my life.
- ✦ Everything is working out in my favor.
- ✦ I am a magnet for my dreams and goals. I am the creator of my reality. The future I want is manifesting right now.

GOAL

START DATE:

FINISH DATE:

ACTION STEPS TO TAKE

YOUR WHY

REWARD IF ACHIEVED

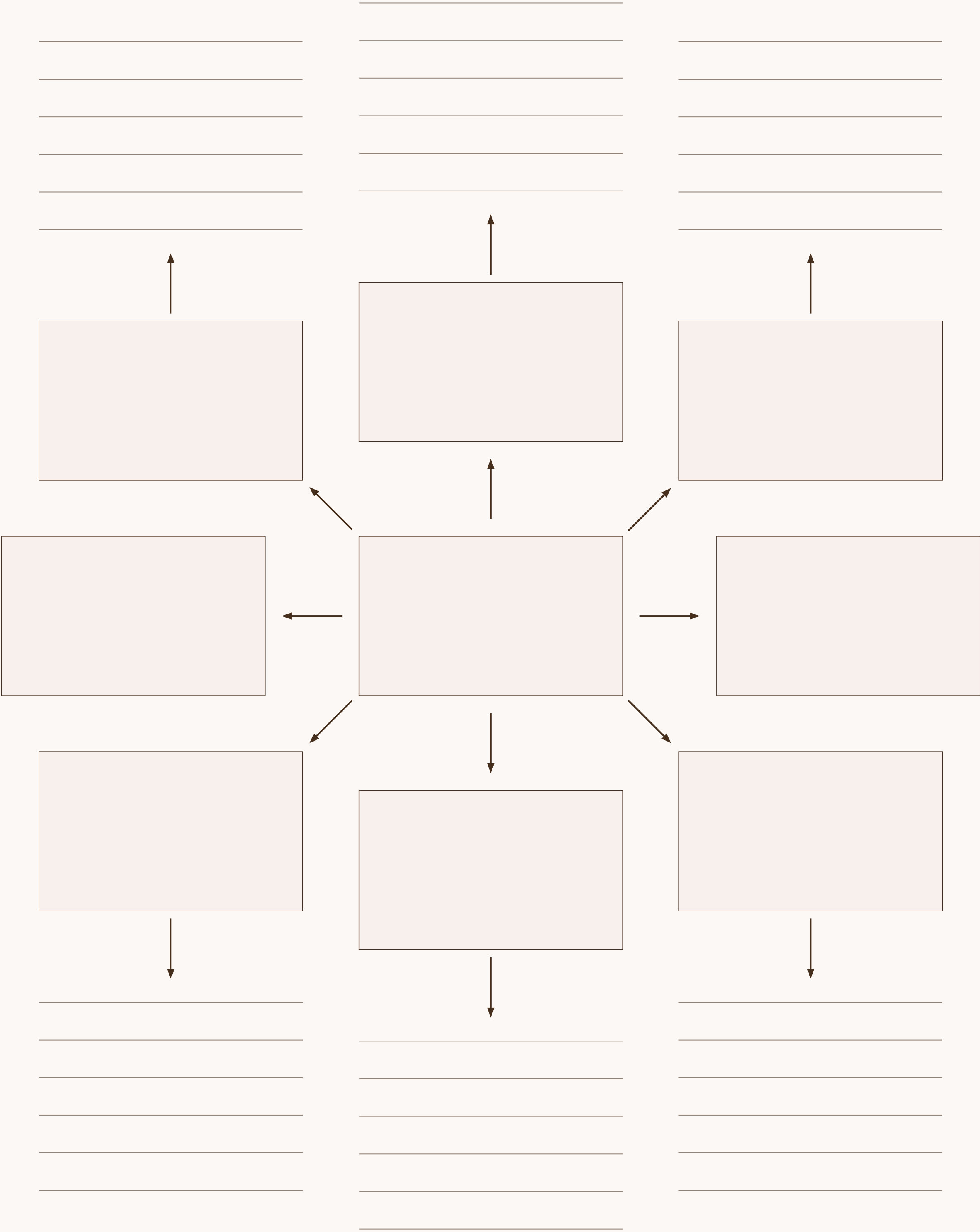
30 Day Challenge

GOAL

REWARD

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

Mind Map



Bucket List

01.	<input type="checkbox"/>	26.	<input type="checkbox"/>
02.	<input type="checkbox"/>	27.	<input type="checkbox"/>
03.	<input type="checkbox"/>	28.	<input type="checkbox"/>
04.	<input type="checkbox"/>	29.	<input type="checkbox"/>
05.	<input type="checkbox"/>	30.	<input type="checkbox"/>
06.	<input type="checkbox"/>	31.	<input type="checkbox"/>
07.	<input type="checkbox"/>	32.	<input type="checkbox"/>
08.	<input type="checkbox"/>	33.	<input type="checkbox"/>
09.	<input type="checkbox"/>	34.	<input type="checkbox"/>
10.	<input type="checkbox"/>	35.	<input type="checkbox"/>
11.	<input type="checkbox"/>	36.	<input type="checkbox"/>
12.	<input type="checkbox"/>	37.	<input type="checkbox"/>
13.	<input type="checkbox"/>	38.	<input type="checkbox"/>
14.	<input type="checkbox"/>	39.	<input type="checkbox"/>
15.	<input type="checkbox"/>	40.	<input type="checkbox"/>
16.	<input type="checkbox"/>	41.	<input type="checkbox"/>
17.	<input type="checkbox"/>	42.	<input type="checkbox"/>
18.	<input type="checkbox"/>	43.	<input type="checkbox"/>
19.	<input type="checkbox"/>	44.	<input type="checkbox"/>
20.	<input type="checkbox"/>	45.	<input type="checkbox"/>
21.	<input type="checkbox"/>	46.	<input type="checkbox"/>
22.	<input type="checkbox"/>	47.	<input type="checkbox"/>
23.	<input type="checkbox"/>	48.	<input type="checkbox"/>
24.	<input type="checkbox"/>	49.	<input type="checkbox"/>
25.	<input type="checkbox"/>	50.	<input type="checkbox"/>

Travel Planner

DESTINATION:

DEPARTURE DATE & TIME

ARRIVAL DATE & TIME

PRE-DEPARTURE CHECKLIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PLACES TO VISIT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

ACCOMODATION NAME	PRICE	CHECK IN/OUT

ESSENTIAL ITEMS

AIRLINE NAME	FLIGHT NO.	FROM	TO	DURATION	BOARDING TIME / GATE	DEPARTURE TIME

Wishlist

CATEGORY:

✓	ITEM	STORE	PRICE	NEED	WANT	NOTES
<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	
<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	
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<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	
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<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	
<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	

CATEGORY:

✓	ITEM	STORE	PRICE	NEED	WANT	NOTES
<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	
<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	
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CATEGORY:

✓	ITEM	STORE	PRICE	NEED	WANT	NOTES
<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	
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Logins

WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

WEBSITE:

USERNAME:

PASSWORD:

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NOTES:

Cleaning Schedule

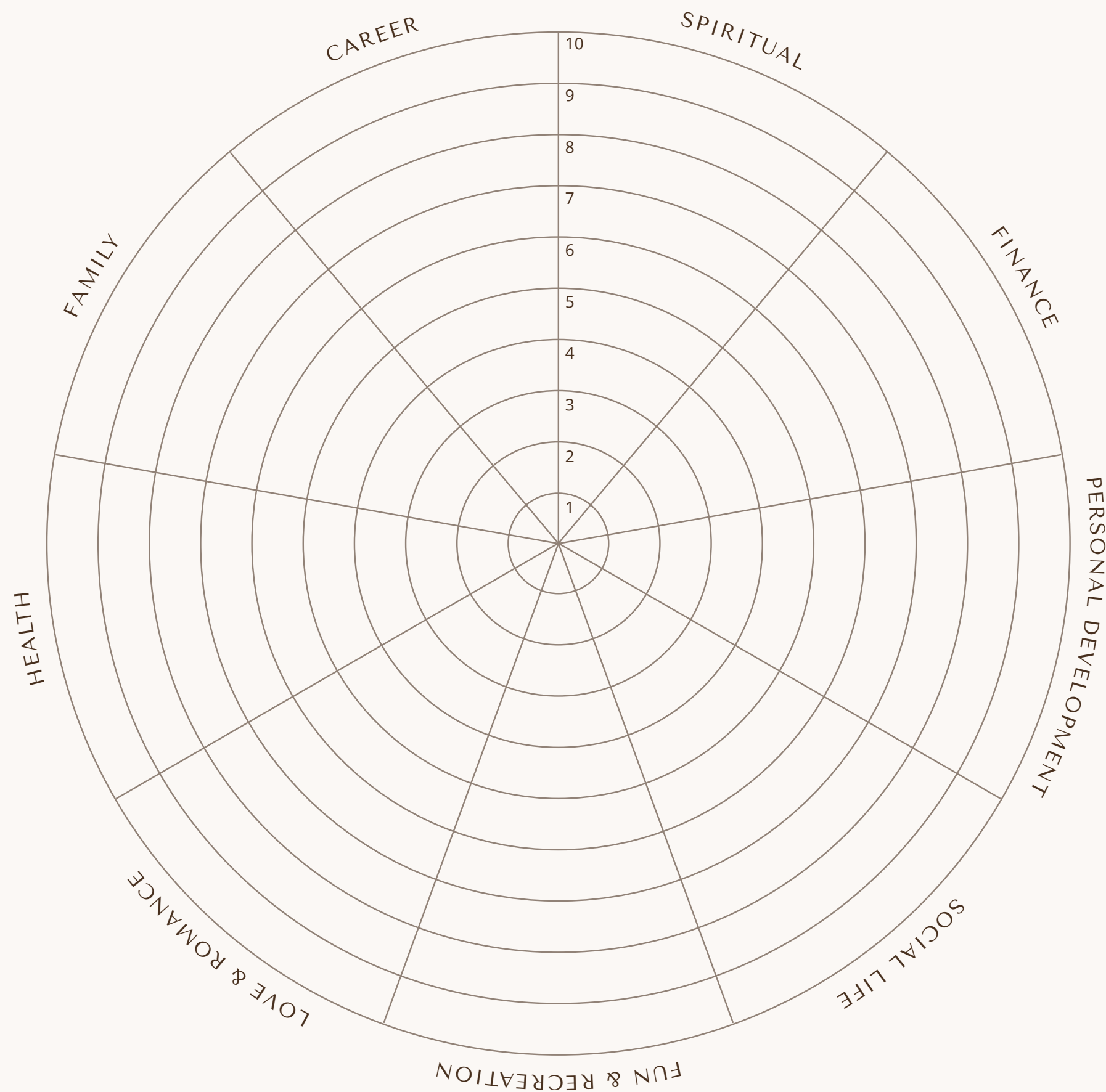
WEEK OF:

DAILY TASKS	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONDAY	✓	TUESDAY	✓	WEDNESDAY	✓
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
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THURSDAY	✓	FRIDAY	✓	WEEKEND	✓
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	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

Wheel of Life



CAREER:

FINANCE:

SPIRITUAL:

FAMILY:

PERSONAL DEVELOPMENT:

SOCIAL LIFE:

FUN & RECREATION:

LOVE & ROMANCE:

HEALTH:

Meal Planner

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

GROCERY LIST

Fitness Log

WEEK OF:

	ACTIVITY	TIME	DISTANCE	SETS	REPS	WEIGHT	NOTES
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

Period Tracker

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
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5												
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31												

PERIOD KEY

CRAMPS	LIGHT	MEDIUM
HEAVY	SPOTTING	TIRED
FATIGUE	ACNE	HEADACHE
<hr/>	<hr/>	<hr/>

CYCLE LENGTH

JAN		JUL	
FEB		AUG	
MAR		SEP	
APR		OCT	
MAY		NOV	
JUN		DEC	

NOTES

|||

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

SELF-CARE

Goals

GOALS FOR MY MIND & SOUL

GOAL #1

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐

REWARD & MOTIVATION:

GOAL #2

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐

REWARD & MOTIVATION:

GOAL #3

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐

REWARD & MOTIVATION:

GOALS FOR MY BODY

GOAL #1

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐

REWARD & MOTIVATION:

GOAL #2

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐

REWARD & MOTIVATION:

GOAL #3

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐

REWARD & MOTIVATION:

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

[illegible]

Skincare Routine



MORNING SKINCARE

STEP	M	T	W	T	F	S	S	NOTES
CLEANSER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
TONER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SERUMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
EYE CREAM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SPOT TREATMENTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
MOISTURIZER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
FACE OIL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SUNSCREEN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



EVENING SKINCARE

STEP	M	T	W	T	F	S	S	NOTES
CLEANSER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
TONER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SERUMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
EYE CREAM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SPOT TREATMENTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
MOISTURIZER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
RETINOL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
FACE OIL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

"THAT GIRL"

Self-Care Routine



Morning Routine

- ✦ Recite positive affirmations
- ✦ Wake up early
- ✦ Take 3 deep breaths
- ✦ Do some exercise
- ✦ Make bed
- ✦ Hydrate
- ✦ Read
- ✦ Journal
- ✦ Reect on 3 things you are grateful for
- ✦ Meditate
- ✦ Update planner
- ✦ Set goals for the day

- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____

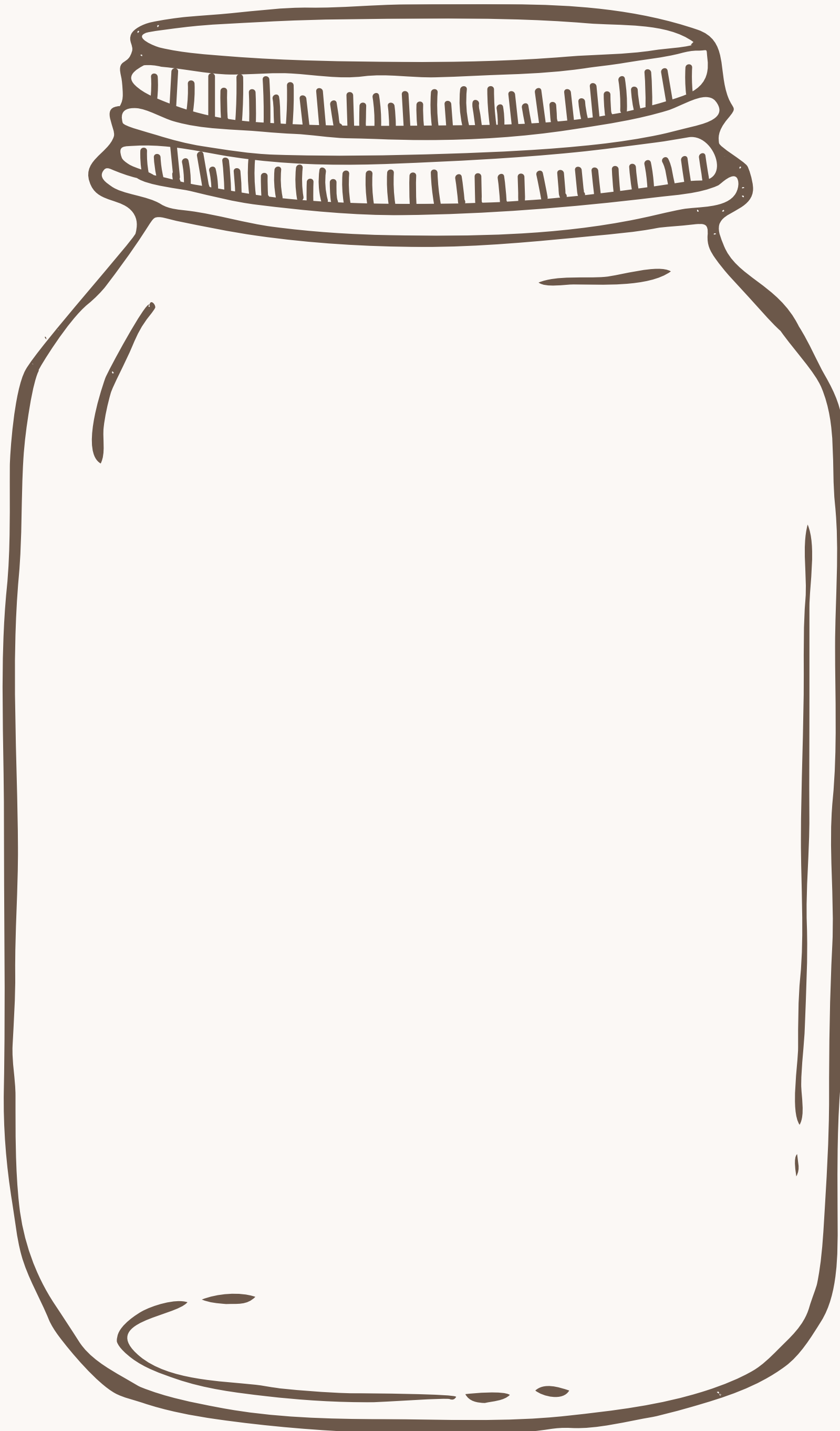
Evening Routine

- ✦ Switch your phone to silent
- ✦ Social media detox
- ✦ Connect with yourself
- ✦ Wash your face & shower
- ✦ Bubble bath
- ✦ Put a face mask on
- ✦ Clear your mind
- ✦ Take 5 minutes to plan the next day
- ✦ Write your thoughts in a journal
- ✦ In bed by bedtime
- ✦ Make dinner
- ✦ Tea time
- ✦ Meditate

- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____
- ✦ _____

Gratitude Jar

Take some time to reflect on the people, experiences and the things you have in your life that you're really grateful for and put them in this gratitude jar! The goal is to fill up the jar up to the lid, so you can come back and reflect on things you've written down when you're feeling a bit down.



Reading Wishlist

Insert book cover image here

TITLE:AUTHOR:

BOUGHT READ

COMMENTS:

Insert book cover image here

TITLE:AUTHOR:

BOUGHT READ

COMMENTS:

Insert book cover image here

TITLE:AUTHOR:

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COMMENTS:

Movies & TV Series



TITLE: _____

GENRE: _____

☐ WATCHED

COMMENTS: _____

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Podcasts



Insert image here



PODCAST: _____

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O LISTENED TO _____

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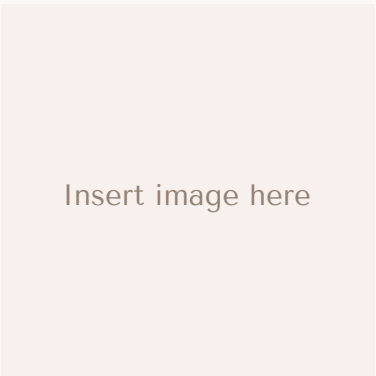


PODCAST: _____

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O LISTENED TO _____

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Insert image here



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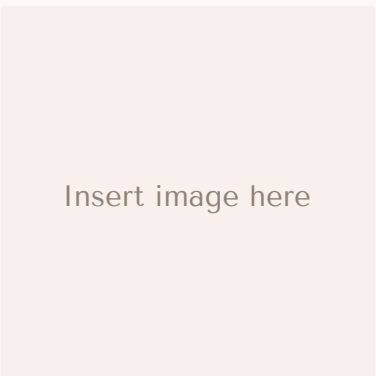


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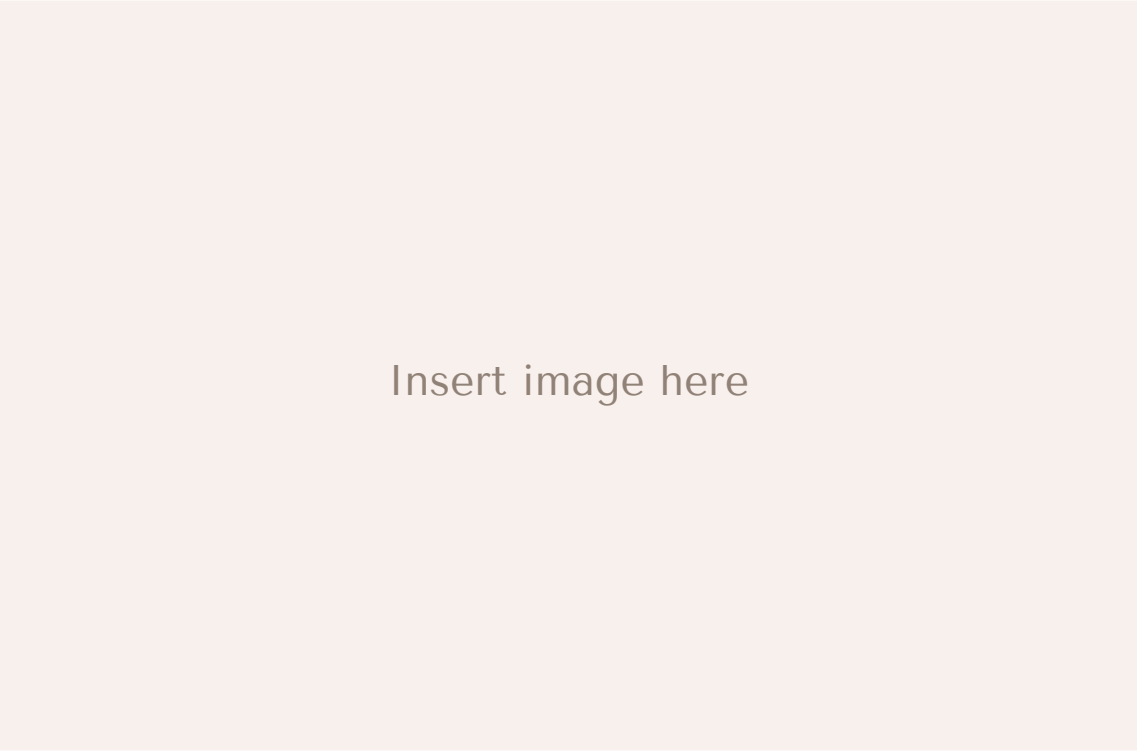
O LISTENED TO _____

COMMENTS: _____

You Tube

MOTIVATIONAL & INSPIRATIONAL YOUTUBE CHANNELS TO KEEP ME MOTIVATED

Recipes



COOKING TIME: _____

PREP TIME: _____

COOKING TEMP: _____

COOKING TEMP: _____

SERVES: _____

CALORIES: _____

RATING: ☆ ☆ ☆ ☆ ☆ DIFFICULTY: ○ ○ ○ ○ ○

INGREDIENTS

DIRECTIONS

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

YEAR:	INCOME GOAL:
BEGINNING NET WORTH:	SAVINGS GOAL:
STARTING SAVINGS BALANCE:	INVESTING GOAL:
STARTING DEBT BALANCE:	DEBT PAYOFF GOAL:

	INCOME	EXPENSES	SAVINGS	INVESTMENTS	DEBT PAID	OTHER
JAN						
FEB						
MAR						
APR						
MAY						
JUN						
JUL						
AUG						
SEP						
OCT						
NOV						
DEC						

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Monthly Budget Planner

MONTH:

FINANCE GOALS

1.
2.
3.

HOUSING&UTILITIES	DATE	AMOUNT
TOTAL:		

DEBT	BUDGET	ACTUAL
TOTAL:		

SAVINGS	BUDGET	ACTUAL
TOTAL:		

PERSONAL	BUDGET	ACTUAL
TOTAL:		

INCOME	DATE	AMOUNT
TOTAL INCOME		

FOOD	BUDGET	ACTUAL
TOTAL:		

HEALTH	BUDGET	ACTUAL
TOTAL:		

OTHER	BUDGET	ACTUAL
TOTAL:		

MONTH SUMMARY	BUDGET	ACTUAL
INCOME		
EXPENSES		
BALANCE:		

Spending Tracker

[illegible]

IAN

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OCT

NOV

DEC

© manifestable

52 WEEK

Savings Challenge

WEEK	AMOUNT	BALANCE	DONE?	WEEK	AMOUNT	BALANCE	DONE?
1			<input type="radio"/>	27			<input type="radio"/>
2			<input type="radio"/>	28			<input type="radio"/>
3			<input type="radio"/>	29			<input type="radio"/>
4			<input type="radio"/>	30			<input type="radio"/>
5			<input type="radio"/>	31			<input type="radio"/>
6			<input type="radio"/>	32			<input type="radio"/>
7			<input type="radio"/>	33			<input type="radio"/>
8			<input type="radio"/>	34			<input type="radio"/>
9			<input type="radio"/>	35			<input type="radio"/>
10			<input type="radio"/>	36			<input type="radio"/>
11			<input type="radio"/>	37			<input type="radio"/>
12			<input type="radio"/>	38			<input type="radio"/>
13			<input type="radio"/>	39			<input type="radio"/>
14			<input type="radio"/>	40			<input type="radio"/>
15			<input type="radio"/>	41			<input type="radio"/>
16			<input type="radio"/>	42			<input type="radio"/>
17			<input type="radio"/>	43			<input type="radio"/>
18			<input type="radio"/>	44			<input type="radio"/>
19			<input type="radio"/>	45			<input type="radio"/>
20			<input type="radio"/>	46			<input type="radio"/>
21			<input type="radio"/>	47			<input type="radio"/>
22			<input type="radio"/>	48			<input type="radio"/>
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24			<input type="radio"/>	50			<input type="radio"/>
25			<input type="radio"/>	51			<input type="radio"/>
26			<input type="radio"/>	52			<input type="radio"/>

|||

JAN

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