

2024  
RANJEET

# YEAR AT A GLANCE

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# JANUARY

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**MONDAY January 8**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
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## PERSONAL TO DO

6	
7	
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Ah, Hope! what would life be, stripped of thy encouraging smiles, that teach us to look behind  
the dark clouds of today.

Susanna Moodie

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

## REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs

TUESDAY January 9

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

## PROFESSIONAL TO DO

PERSONAL TO DO

A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.

Antoine De Saint-Exupery

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs

**WEDNESDAY** January 10

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

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8	_____
9	_____
10	_____
11	_____
12	_____
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## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

A lot of problems in the world would be solved if we talked to each other instead of about each other.

## Nickey Gumbel

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate   Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

**THURSDAY** January 11

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

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8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
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## PERSONAL TO DO

6	_____
	_____
7	_____
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Always will I take another step. If that is of no avail I will take another, and another. One step at a time is not too difficult.

Og Mandino

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue

WELL-BEING

Hydrate  Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

**FRIDAY** January 12

- MORNING RITUALS
- WORKDAY STARTUP RITUALS
- WORKDAY SHUTDOWN RITUALS
- EVENING RITUALS

What three priorities or tasks matter most today?

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**PROFESSIONAL TO DO**

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An average person with average talents, can outstrip the most brilliant genius, if that person has clear, focused goals.

Mary Kay Ash

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### My daily principle/virtue

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs

## Meals



SATURDAY January 13

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____
	_____
	_____

**Balance** - A state in which different things occur in proper amounts or have a proper amount of importance.

Merriam Webster

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

WELL-BEING

Hydrate  Sleep 7-9 hrs

SUNDAY January 14

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

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8	_____
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10	_____
11	_____
12	_____
1	_____
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3	_____
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5	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____

Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it.

Ziad K. Abdelnour

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
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## FINANCE / LIFESTYLE

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## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

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**MONDAY** January 15

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

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## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

Being a great listener is a rare quality and one that takes considerable effort. But, all can learn it.

Steve Shallenberger

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs

**TUESDAY January 16**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

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9	_____
10	_____
11	_____
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## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____

Better communication begins not with speaking or expressing yourself, but with listening to others instead.

Steve Shallenberger

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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WEDNESDAY January 17

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

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## PERSONAL TO DO

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**Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened.**

Helen Keller

**NOTES AND THOUGHTS**

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**HABIT/GOAL TRACKER**

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**REFLECTION, VIRTUE, AND GRATITUDE**

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

**WELL-BEING**

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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THURSDAY January 18

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

PERSONAL TO DO

By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be.

Mark Victor Hansen

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs

**FRIDAY** January 19

- MORNING RITUALS
- WORKDAY STARTUP RITUALS
- WORKDAY SHUTDOWN RITUALS
- EVENING RITUALS

What three priorities or tasks matter most today?

<input type="radio"/>	_____

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

**PROFESSIONAL TO DO**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

**PERSONAL TO DO**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

Courage doesn't always roar. Sometimes it's the quiet voice at the end of the day whispering,  
    ?I will try again tomorrow.'

Mary Anne Radmacher

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7 - 9 hrs

SATURDAY January 20

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
	_____
8	_____
	_____
9	_____
	_____
10	_____
	_____
11	_____
	_____
12	_____
	_____
1	_____
	_____
2	_____
	_____
3	_____
	_____
4	_____
	_____
5	_____
	_____

## **PERSONAL TO DO**

6	_____
	_____
	_____
7	_____
	_____
	_____
8	_____
	_____
	_____
9	_____
	_____
	_____
	_____

**Discipline is doing the right thing at the right time regardless of how we feel about it.**

Rob Shallenberger

**NOTES AND THOUGHTS**

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**HABIT/GOAL TRACKER**

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**REFLECTION, VIRTUE, AND GRATITUDE**

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

**WELL-BEING**

Fitness \_\_\_\_\_

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Meals

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Hydrate  Sleep 7 - 9 hrs

SUNDAY January 21

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____

**Do what you say you will do and do it in a timely manner, and you too will rise in your chosen field.**

Steve Shallenberger

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

## REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate   Sleep 7 - 9 hrs

# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## FINANCE / LIFESTYLE

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

MONDAY January 22

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

**Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.**

Roy T. Bennett

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs

TUESDAY January 23

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

PROFESSIONAL TO DO

9	_____
	_____
10	_____
	_____
11	_____
	_____
12	_____
	_____
1	_____
	_____
2	_____
	_____
3	_____
	_____
4	_____
	_____
5	_____
	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

**Don't ever make decisions based on fear. Make decisions based on hope and possibility.**

Michelle Obama

#### **NOTES AND THOUGHTS**

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#### **HABIT/GOAL TRACKER**

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#### **REFLECTION, VIRTUE, AND GRATITUDE**

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### **WELL-BEING**

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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**WEDNESDAY** January 24

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

9	
10	
11	
12	
1	
2	
3	
4	
5	

## PERSONAL TO DO

6	
7	
8	
9	

Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had.

Angela Bassett

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### My daily principle/virtue

WELL-BEING

Hydrate  Sleep 7 - 9 hrs

THURSDAY January 25

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

PERSONAL TO DO

**Everybody is a genius, but if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.**

Julie Andrews

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7 - 9 hrs

**FRIDAY** January 26

- MORNING RITUALS
- WORKDAY STARTUP RITUALS
- WORKDAY SHUTDOWN RITUALS
- EVENING RITUALS

What three priorities or tasks matter most today?

<input type="radio"/>	_____

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

**PROFESSIONAL TO DO**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

**PERSONAL TO DO**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

Everything can be taken but one: the last of human freedoms -- to choose one's attitude in any given set of circumstances.

Victor Frankl

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs

SATURDAY January 27

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
	_____
	_____
7	_____
	_____
	_____
8	_____
	_____
	_____
9	_____
	_____
	_____
	_____

Failure happens all the time. It happens every day in practice. What makes you better is how you react to it.

Mia Hamm

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7 - 9 hrs

## Meals



SUNDAY January 28

- MORNING RITUALS
- WORKDAY STARTUP RITUALS
- WORKDAY SHUTDOWN RITUALS
- EVENING RITUALS

What three priorities or tasks matter most today?

<input type="radio"/>	_____

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

PROFESSIONAL TO DO

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

PERSONAL TO DO

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

Failure is simply the opportunity to begin again, this time more intelligently.

Henry Ford

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

I'm grateful for \_\_\_\_\_

**My daily principle/virtue** \_\_\_\_\_

## WELL-BEING



Sleep 7 - 9 hrs

# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## FINANCE / LIFESTYLE

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

**MONDAY** January 29

- MORNING RITUALS
- WORKDAY STARTUP RITUALS
- WORKDAY SHUTDOWN RITUALS
- EVENING RITUALS

What three priorities or tasks matter most today?

<input type="radio"/>	_____

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

**PROFESSIONAL TO DO**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

**PERSONAL TO DO**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

For me, goals are my road map to the life I want. They have helped me accomplish things I once thought were impossible.

Catherine Pulsifer

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win	I'm grateful for

### My daily principle/virtue \_\_\_\_\_

## WELL-BEING

**TUESDAY** January 30

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

PERSONAL TO DO

For there will always be light, if only we're brave enough to see it. If only we're brave enough to be it.

Amanda Gorman

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7 - 9 hrs

WEDNESDAY January 31

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

Get a good idea and stay with it. Dog it, and work at it until it's done right.

Walt Disney

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

## MY PERSONAL VISION

Role:	
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Role:	
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Role:	
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Role:	
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Role:	
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Role:	
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Role:	
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Role:	
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Role:	
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## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

- 
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
-

# MY GOALS

Who will I share my goals with (accountability)?

When will I report on my goals (accountability)?

**THURSDAY February 1**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

## PERSONAL TO DO

- |    |       |
|----|-------|
| 7  | _____ |
| 8  | _____ |
| 9  | _____ |
| 10 | _____ |
| 11 | _____ |
| 12 | _____ |
| 1  | _____ |
| 2  | _____ |
| 3  | _____ |
| 4  | _____ |
| 5  | _____ |

Happiness is when what you think, what you say, and what you do are in harmony.

Gandhi

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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FRIDAY February 2

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	
7	
8	
9	

I can accept failure, everyone fails at something. But I can't accept not trying.

Michael Jordan

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7-9 hrs



Sleep 7 - 9 hrs

SATURDAY February 3

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **PROFESSIONAL TO DO**

7	_____
	_____
8	_____
	_____
9	_____
	_____
10	_____
	_____
11	_____
	_____
12	_____
	_____
1	_____
	_____
2	_____
	_____
3	_____
	_____
4	_____
	_____
5	_____
	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____
	_____
	_____

I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living.

Dr. Seuss

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs

SUNDAY February 4

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
	_____
	_____
	_____
7	_____
	_____
	_____
	_____
8	_____
	_____
	_____
	_____
9	_____
	_____
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	_____

I really love being alive. I love my family and my work. I love the opportunity to do things. That's what happiness is.

Michael J. Fox

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

## REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## FINANCE / LIFESTYLE

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

**MONDAY February 5**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
	_____
	_____
7	_____
	_____
	_____
8	_____
	_____
	_____
9	_____
	_____
	_____
	_____

I really think a champion is defined not by their wins but by how they can recover when they fall.

## Serena Williams

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### My daily principle/virtue

## WELL-BEING

Hydrate        Sleep 7 - 9 hrs

TUESDAY February 6

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

9	_____
	_____
10	_____
	_____
11	_____
	_____
12	_____
	_____
1	_____
	_____
2	_____
	_____
3	_____
	_____
4	_____
	_____
5	_____
	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

I say if I'm beautiful. I say if I'm strong. You will not determine my story. I will.

Amy Schumer

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7-9 hrs

**WEDNESDAY February 7**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

## PERSONAL TO DO

- |    |       |
|----|-------|
| 7  | _____ |
| 8  | _____ |
| 9  | _____ |
| 10 | _____ |
| 11 | _____ |
| 12 | _____ |
| 1  | _____ |
| 2  | _____ |
| 3  | _____ |
| 4  | _____ |
| 5  | _____ |

I think there's some connection between absolute discipline and absolute freedom.

Alan Rickman

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7-9 hrs

THURSDAY February 8

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

PERSONAL TO DO

I'd rather regret the things I've done than regret the things I haven't done.

Lucille Ball

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_

I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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FRIDAY February 9

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
	_____
	_____
7	_____
	_____
	_____
8	_____
	_____
	_____
9	_____
	_____
	_____
	_____

I've been searching for ways to heal myself, and I've found that kindness is the best way.

Lady GaGa

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

## REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

SATURDAY February 10

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____
	_____
	_____

I've failed over and over and over again in my life. And that is why I succeed.

Michael Jordan

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7-9 hrs

SUNDAY February 11

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____
	_____
	_____

I've had to learn to fight all my life ' got to learn to keep smiling. If you smile things will work out.

Serena Williams

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs

# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## FINANCE / LIFESTYLE

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

**MONDAY February 12**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **PROFESSIONAL TO DO**

7	_____
	_____
8	_____
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9	_____
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10	_____
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11	_____
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12	_____
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1	_____
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2	_____
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3	_____
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4	_____
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5	_____
	_____

## **PERSONAL TO DO**

6	
7	
8	
9	

If people are doubting how far you can go, go so far that you can't hear them anymore.

Michele Ruiz

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate  Sleep 7-9 hrs



Sleep 7 - 9 hrs

TUESDAY February 13

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you.

Zig Ziglar

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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WEDNESDAY February 14

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
	_____
8	_____
	_____
9	_____
	_____
10	_____
	_____
11	_____
	_____
12	_____
	_____
1	_____
	_____
2	_____
	_____
3	_____
	_____
4	_____
	_____
5	_____
	_____

## PERSONAL TO DO

6	
7	
8	
9	

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.

Oprah Winfrey

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

## REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs

**THURSDAY** February 15

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
	_____
	_____
7	_____
	_____
	_____
8	_____
	_____
	_____
9	_____
	_____
	_____
	_____

If you want love, give love. If you want truth, be truthful. If you want respect, give respect.  
What you give out will always return.

Kristen Butler

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

WELL-BEING

Hydrate  Sleep 7 - 9 hrs

**FRIDAY February 16**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____
	_____
	_____

**Imagination is the only key to the future. Without it none exists - with it all things are possible.**

Ida Tarbell

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7-9 hrs

SATURDAY February 17

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
	_____
8	_____
	_____
9	_____
	_____
10	_____
	_____
11	_____
	_____
12	_____
	_____
1	_____
	_____
2	_____
	_____
3	_____
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4	_____
	_____
5	_____
	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

In complete darkness we are all the same, it is only our knowledge and wisdom that separates us, don't let your eyes deceive you.

Janet Jackson

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

## REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

WELL-BEING

Hydrate  Sleep 7 - 9 hrs

SUNDAY February 18

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
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8	_____
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9	_____
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10	_____
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11	_____
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12	_____
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1	_____
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2	_____
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4	_____
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5	_____
	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____
	_____
	_____

**Integrity means you always comes through. Whatever you say you will do, do it even if you have to move heaven and earth.**

Mary Kay Ash

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## FINANCE / LIFESTYLE

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

MONDAY February 19

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____
	_____
	_____

It seems to me that the people who get things done, who lead, who grow and who make an impact, those people have goals.

Seth Godin

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate  Sleep 7-9 hrs

**TUESDAY February 20**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

## PERSONAL TO DO

- |    |       |
|----|-------|
| 7  | _____ |
| 8  | _____ |
| 9  | _____ |
| 10 | _____ |
| 11 | _____ |
| 12 | _____ |
| 1  | _____ |
| 2  | _____ |
| 3  | _____ |
| 4  | _____ |
| 5  | _____ |

It's best to have failure happen early in life. It wakes up the Phoenix bird in you so you rise from the ashes.

Anne Baxter

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

WEDNESDAY February 21

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____
	_____
	_____

**Kindness is more important wisdom, and the recognition of this is the beginning of wisdom.**

Theodore Isaac Rubin

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

## REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

WELL-BEING

Hydrate   Sleep 7 - 9 hrs

THURSDAY February 22

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

PERSONAL TO DO

**Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.**

Kofi Annan

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

FRIDAY February 23

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

Learning is not attained by chance, it must be sought for with ardor and diligence.

Abigail Adams

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

SATURDAY February 24

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

## PERSONAL TO DO

- |    |       |
|----|-------|
| 7  | _____ |
| 8  | _____ |
| 9  | _____ |
| 10 | _____ |
| 11 | _____ |
| 12 | _____ |
| 1  | _____ |
| 2  | _____ |
| 3  | _____ |
| 4  | _____ |
| 5  | _____ |

- |   |       |
|---|-------|
| 6 | _____ |
| 7 | _____ |
| 8 | _____ |
| 9 | _____ |
|   | _____ |

Let us tenderly and kindly cherish the means of knowledge. Let us dare to read, think, speak, and write.

John Adams

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7-9 hrs



Sleep 7 - 9 hrs

SUNDAY February 25

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

## **PERSONAL TO DO**

6	_____
	_____
	_____
7	_____
	_____
	_____
8	_____
	_____
	_____
9	_____
	_____
	_____
	_____

Let your personal vision flow from the very center of your heart and mind. Let it capture your passion, direction, purpose, and why.

Steve Shallenberger

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs

# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## FINANCE / LIFESTYLE

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

**MONDAY February 26**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
	_____
	_____
7	_____
	_____
	_____
8	_____
	_____
	_____
9	_____
	_____
	_____
	_____

Life is a song, sing it. Life is a game, play it. Life is a challenge, meet it. Life is a sacrifice, offer it. Life is love, enjoy it.

Sai Baba

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate   Sleep 7 - 9 hrs

**TUESDAY February 27**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

## **PERSONAL TO DO**

- |    |       |
|----|-------|
| 7  | _____ |
| 8  | _____ |
| 9  | _____ |
| 10 | _____ |
| 11 | _____ |
| 12 | _____ |
| 1  | _____ |
| 2  | _____ |
| 3  | _____ |
| 4  | _____ |
| 5  | _____ |

Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces.  
Smell the rain, and feel the wind.

Ashley Smith

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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WEDNESDAY February 28

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
	_____
8	_____
	_____
9	_____
	_____
10	_____
	_____
11	_____
	_____
12	_____
	_____
1	_____
	_____
2	_____
	_____
3	_____
	_____
4	_____
	_____
5	_____
	_____

## **PERSONAL TO DO**

6	_____
	_____
	_____
	_____
7	_____
	_____
	_____
	_____
8	_____
	_____
	_____
	_____
9	_____
	_____
	_____
	_____

May I, insofar as I can, give all necessary help to my friends and to all who are in need. May I never fail a friend in trouble.

Eusebius

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate   Sleep 7 - 9 hrs

**THURSDAY February 29**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____
	_____
	_____

**My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations.**

Michael J. Fox

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

## MY PERSONAL VISION

Role:	

Role:	

Role:	

Role:	

Role:	

Role:	

Role:	

Role:	

Role:	

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

- 
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
-

## MY GOALS

Who will I share my goals with (accountability)?

When will I report on my goals (accountability)?

**FRIDAY** March 1

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____
	_____
	_____

Never allow yourself to feel you are a lost cause, regardless of your past. You are meaningful and can choose your path forward.

Steve Shallenberger

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

## REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue

WELL-BEING

Hydrate   Sleep 7 - 9 hrs



Sleep 7 - 9 hrs

SATURDAY March 2

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____
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Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.

Earl Nightingale

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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SUNDAY March 3

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **PROFESSIONAL TO DO**

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
	_____
	_____
	_____
	_____
7	_____
	_____
	_____
	_____
	_____
8	_____
	_____
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	_____
9	_____
	_____
	_____
	_____
	_____

**Nothing brings me more happiness than trying to help the most vulnerable people in society.**

## Princess Diana

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

## WELL-BEING

Hydrate  Sleep 7 - 9 hrs

# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## FINANCE / LIFESTYLE

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

**MONDAY** March 4

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **PROFESSIONAL TO DO**

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____

**Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.**

Marie Curie

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### My daily principle/virtue

WELL-BEING

Hydrate  Sleep 7-9 hrs

## Meals



**TUESDAY March 5**

- MORNING RITUALS
- WORKDAY STARTUP RITUALS
- WORKDAY SHUTDOWN RITUALS
- EVENING RITUALS

What three priorities or tasks matter most today?

<input type="radio"/>	_____

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

**PROFESSIONAL TO DO**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

**PERSONAL TO DO**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

Nothing in the Golden Rule says that others will treat us as we've treated them, it only says to treat others how we'd want to be treated.

## Rosa Parks

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate   Sleep 7 - 9 hrs

**WEDNESDAY March 6**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
	_____
	_____
7	_____
	_____
	_____
8	_____
	_____
	_____
9	_____
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Nothing is worth more than laughter. It is strength to laugh and to abandon oneself, to be light.

Frida Kahlo

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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**THURSDAY March 7**

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## **PERSONAL TO DO**

6	_____
7	_____
8	_____
9	_____
	_____
	_____

**Offer compassion instead of judgement. It is better to err on the side of kindness and compassion than that of judgment and criticism.**

Steve Shallenberger

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7 - 9 hrs

**FRIDAY** March 8

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **PROFESSIONAL TO DO**

7	_____
	_____
8	_____
	_____
9	_____
	_____
10	_____
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11	_____
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12	_____
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4	_____
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## **PERSONAL TO DO**

Often we look so long at the closed door that we do not see the one which has been opened for us.

Helen Keller

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate  Sleep 7-9 hrs

SATURDAY March 9

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

9	
10	
11	
12	
1	
2	
3	
4	
5	

## **PERSONAL TO DO**

6	
7	
8	
9	

Once you replace negative thoughts with positive ones, you'll start having positive results.

Willie Nelson

## NOTES AND THOUGHTS

## HABIT/GOAL TRACKER

REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

### My daily principle/virtue \_\_\_\_\_

WELL-BEING

Hydrate   Sleep 7 - 9 hrs

SUNDAY March 10

- MORNING RITUALS
  - WORKDAY STARTUP RITUALS
  - WORKDAY SHUTDOWN RITUALS
  - EVENING RITUALS

What three priorities or tasks matter most today?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROFESSIONAL TO DO

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____

## PERSONAL TO DO

6	_____
7	_____
8	_____
9	_____

One's philosophy is not best expressed in words; it is expressed in the choices one makes.

Eleanor Roosevelt

#### NOTES AND THOUGHTS

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#### HABIT/GOAL TRACKER

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#### REFLECTION, VIRTUE, AND GRATITUDE

Today's biggest win \_\_\_\_\_ I'm grateful for \_\_\_\_\_

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My daily principle/virtue \_\_\_\_\_

#### WELL-BEING

Fitness \_\_\_\_\_

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Hydrate  Sleep 7 - 9 hrs

Meals

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# MY VISION BOARD

**PERSONAL / SOCIAL / FAMILY**

**WORK / HOME / EDUCATION**

**FINANCE / LIFESTYLE**

**MY VALUES**

# MY GOALS

## PERSONAL / SOCIAL / FAMILY

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## WORK / HOME / EDUCATION

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## FINANCE / LIFESTYLE

<input checked="" type="checkbox"/>	Annual Goal (for this year)	Due Date
<input type="radio"/>		

## TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

# MARCH

Sun	Mon	Tue	Wed
25	26	27	28
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27

Thur	Fri	Sat	NOTES
29	1	2	
7	8	9	
14	15	16	
21	22	23	
28	29	30	