

2024
RANJEET

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

TUESDAY January 2

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10 —

11 —

12 _____

1 _____

2 _____

3

4 _____

5 _____

PERSONAL TO DO

Fitness

Hydrate 

Sleep 7 - 9 hrs

WEDNESDAY January 3

What three priorities or tasks matter most today?



7 _____



8 _____



9 _____



10 _____

PROFESSIONAL TO DO



11 _____



12 _____



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

PERSONAL TO DO



7 _____



8 _____



9 _____

WELL-BEING

Fitness

Meals

A goal properly set is halfway reached.

Zig Ziglar

Hydrate



Sleep 7 - 9 hrs

THURSDAY January 4

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10 —

11

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

WELL-BEING

Fitness

Be happy for this moment. This moment is your life.

Omar Khayyam

Hydrate 

Sleep 7 - 9 hrs

FRIDAY January 5

What three priorities or tasks matter most today?

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

7	_____

8	_____

9	_____

10	_____

PROFESSIONAL TO DO

11	_____
12	_____
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

PERSONAL TO DO

7	_____

8	_____

9	_____

WELL-BEING

Fitness

Beware the barrenness of a busy life

Socrates

Hydrate

Sleep 7 - 9 hrs

SATURDAY January 6

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

WORKS FOR INDIVIDUALS

Hydrate 

Sleep 7 - 9 hrs

SUNDAY January 7

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



Meals

Fitness

Do what you can, with what you have, where you are.

Theodore Roosevelt

Hydrate 

Sleep 7 - 9 hrs

MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

MONDAY January 8

What three priorities or tasks matter most today?

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

7 _____

80

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

PERSONAL TO DO

Don't take counsel from your fears

Thomas S. Monson

Hydrate

Sleep 7 - 9 hrs

TUESDAY January 9

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PROFESSIONAL TO DO



Meals

PERSONAL TO DO



Fitness

Dreams are necessary to life.

Anais Nin

Hydrate 

Sleep 7 - 9 hrs

WEDNESDAY January 10

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

Jim Bohn

Sleep 7 - 9 hrs

THURSDAY January 11

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

Everything that is real was imagined first.

The Velveteen Rabbit

Hydrate



Sleep 7 - 9 hrs

FRIDAY January 12

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

7 _____

99

10 —

PERSONAL TO DO

Everything you can imagine is real.

Pablo Picasso

Hydrate

Sleep 7 - 9 hrs

SATURDAY January 13

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

Find out who you are. And do it on purpose.

Dolly Parton

Hydrate



Sleep 7 - 9 hrs

SUNDAY January 14

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

Have courage and be kind

Cinderella

Hydrate 

Sleep 7 - 9 hrs

MONDAY January 15

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

If knowledge is power, learning is your superpower.

Jim Kwik

Hydrate



Sleep 7 - 9 hrs

MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

TUESDAY January 16

What three priorities or tasks matter most today?

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

7 _____

88

9 _____

10 _____

11 —

12 _____

1 _____

2 _____

PERSONAL TO DO

7	_____
8	_____
9	_____

WELL-BEING

Fitness

In a gentle way, you can shake the world.

Mahatma Gandhi

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY January 17

What three priorities or tasks matter most today?

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

7	_____
8	_____
9	_____
10	_____

PROFESSIONAL TO DO

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

PERSONAL TO DO

7	_____

8	_____

9	_____

WELL-BEING

Fitness

Meals

Indulge your imagination in every possible flight.

Jane Austen

Hydrate



THURSDAY January 18

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10 —

11 —

12 _____

1 _____

2 _____

3

4 _____

5 _____

PERSONAL TO DO

WELL-BEING

Fitness

It always seems impossible until it's done.

Nelson Mandela

Hydrate 

Sleep 7 - 9 hrs

FRIDAY January 19

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

It takes as much energy to wish as it does to plan.

Eleanor Roosevelt

Hydrate



Sleep 7 - 9 hrs

SATURDAY January 20

What three priorities or tasks matter most today?

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

7 _____

— 8 —

9 _____

10 _____

11 _____

12 —

PERSONAL TO DO

Life itself is the proper hinge

Julia Child

Hydrate

Sleep 7 - 9 hrs

SUNDAY January 21

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

MONDAY January 22

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 —

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

Never! Never! Never give up!

Winston Churchill

Sleep 7 - 9 hrs

TUESDAY January 23

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



Hydrate 

Meals

No act of kindness, however small, is ever wasted.

Aesop

Sleep 7 - 9 hrs

WEDNESDAY January 24

What three priorities or tasks matter most today?

- _____
- _____
- _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

6 _____

7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

Nobody is too busy. It's just a matter of priority.

Anonymous

Hydrate

Sleep 7 - 9 hrs

THURSDAY January 25

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



WELL-BEING

Fitness

Meals

Only I can change my life. No one can do it for me.

Carol Burnett

Hydrate



Sleep 7 - 9 hrs

FRIDAY January 26

What three priorities or tasks matter most today?

7 _____

www.english-test.net

9 _____

10 _____

11 —

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

Plan your work and work your plan.

Napolean Hill

Hydrate 

Sleep 7 - 9 hrs

SATURDAY January 27

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

Remember that failure is an event, not a person.

Zig Ziglar

Hydrate



Sleep 7 - 9 hrs

SUNDAY January 28

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 _____

PERSONAL TO DO

Robin Hood

Hydrate

Sleep 7 - 9 hrs

MONDAY January 29

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

The best thing to hold onto in life is each other.

Audrey Hepburn

Hydrate



Sleep 7 - 9 hrs

MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

TUESDAY January 30

What three priorities or tasks matter most today?

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

7 _____

88

9 _____

10 _____

11 —

12 —

1 _____

PERSONAL TO DO

7	_____
8	_____
9	_____

WELL-BEING

Fitness

The hard days are what make you stronger.

Aly Raisman

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY January 31

What three priorities or tasks matter most today?



7 _____



8 _____



9 _____



10 _____

PROFESSIONAL TO DO



11 _____



12 _____



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

PERSONAL TO DO



7 _____



8 _____



9 _____

WELL-BEING

Fitness

Meals

The secret of getting ahead is getting started.

Mark Twain

Hydrate



Sleep 7 - 9 hrs

WORKOUT LOG

THURSDAY February 1

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10 —

11 —

12 _____

1 _____

2 _____

3

4 _____

5 _____

PERSONAL TO DO

WELL-BEING

Fitness

Hydrate 

Sleep 7 - 9 hrs

The secret to success: stop wishing, start doing.

Steve Jobs

FRIDAY February 2

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

The time is always right to do what is right.

Martin Luther King Jr.

Hydrate



Sleep 7 - 9 hrs

SATURDAY February 3

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10 —

11 —

12 _____

1 _____

2 _____

3

4 _____

5 _____

PERSONAL TO DO

There is no virtue like mercy.

Chanakya

Sleep 7 - 9 hrs

SUNDAY February 4

What three priorities or tasks matter most today?

7	_____

8	_____

9	_____

10	_____

PROFESSIONAL TO DO

11	_____

12	_____

1	_____

2	_____

3	_____

4	_____

5	_____

6	_____

PERSONAL TO DO

7	_____
8	_____
9	_____

WELL-BEING

To me, failure means not trying.

Sarah Blakely

Hydrate

Sleep 7 - 9 hrs

MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

MONDAY February 5

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

Whatever you are, be a good one.

Abraham Lincoln

Hydrate

Sleep 7 - 9 hrs

TUESDAY February 6

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

When deeds speak, words are nothing.

Pierre-Joseph Proudhon

Hydrate



Sleep 7 - 9 hrs

WEDNESDAY February 7

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 _____

11 _____

12 —

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

000 —————

9 _____

PERSONAL TO DO

Fitness

Hydrate 

Sleep 7 - 9 hrs

THURSDAY February 8

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

Whoever is happy will make others happy too.

Anne Frank

Hydrate



Sleep 7 - 9 hrs

FRIDAY February 9

What three priorities or tasks matter most today?

- _____
- _____
- _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

Hydrate

Sleep 7 - 9 hrs

You just can't beat the person who won't give up.

Babe Ruth

SATURDAY February 10

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

You must do the things you think you cannot do.

Eleanor Roosevelt

Hydrate



Sleep 7 - 9 hrs

SUNDAY February 11

What three priorities or tasks matter most today?

7 _____

88

9 _____

10 —

11 —

12 —

1 _____

2 _____

3

4 _____

5 _____

PERSONAL TO DO

Akira Kurosawa

Hydrate 

Sleep 7 - 9 hrs

MONDAY February 12

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

TUESDAY February 13

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

7 _____

www.IBM.com/ibm

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

17

Fitness

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY February 14

What three priorities or tasks matter most today?



7 _____



8 _____



9 _____



10 _____

PROFESSIONAL TO DO



11 _____



12 _____



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

PERSONAL TO DO



7 _____



8 _____



9 _____

WELL-BEING

Fitness

Meals

Beware the barrenness of a busy life.

Socrates

Hydrate



Sleep 7 - 9 hrs

THURSDAY February 15

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10

11

12 —

1 _____

2 _____

3

4 _____

5 _____

PERSONAL TO DO

7	_____

8	_____

9	_____

WELL-BEING

Fitness

Sleep 7 - 9 hrs

Communication works for those who work at it.

John Powell

FRIDAY February 16

What three priorities or tasks matter most today?



7 _____



8 _____



9 _____



10 _____

PROFESSIONAL TO DO



11 _____



12 _____



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

PERSONAL TO DO



7 _____



8 _____



9 _____

WELL-BEING

Fitness

Meals

Do what you can, with what you have, where you are.

Theodore Roosevelt

Hydrate



Sleep 7 - 9 hrs

SATURDAY February 17

What three priorities or tasks matter most today?

7 _____

600

9 _____

10 _____

11

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

Don't take counsel from your fears

Thomas S. Monson

Hydrate

Sleep 7 - 9 hrs

SUNDAY February 18

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PROFESSIONAL TO DO



Meals

PERSONAL TO DO



MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

MONDAY February 19

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

7 _____

—

9 _____

10 _____

11 _____

12 —

1 _____

PERSONAL TO DO

7	_____
8	_____
9	_____

WELL-BEING

Fitness

Either you run the day or the day runs you.

Jim Rohn

Hydrate 

Sleep 7 - 9 hrs

TUESDAY February 20

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

Everything that is real was imagined first.

The Velveteen Rabbit

Hydrate



Sleep 7 - 9 hrs

WEDNESDAY February 21

What three priorities or tasks matter most today?

7 _____

—

9 _____

10 _____

11 _____

12 —

PERSONAL TO DO

Everything you can imagine is real.

Pablo Picasso

Hydrate

Sleep 7 - 9 hrs

THURSDAY February 22

What three priorities or tasks matter most today?



7 _____



8 _____



9 _____



10 _____

PROFESSIONAL TO DO



11 _____



12 _____



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

PERSONAL TO DO



7 _____



8 _____



9 _____

WELL-BEING

Fitness

Meals

Find out who you are. And do it on purpose.

Dolly Parton

Hydrate



Sleep 7 - 9 hrs

FRIDAY February 23

What three priorities or tasks matter most today?

7 _____

— 8 —

9 _____

10 _____

11 _____

12 —

PERSONAL TO DO

Have courage and be kind

Cinderella

Hydrate

Sleep 7 - 9 hrs

SATURDAY February 24

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



WELL-BEING

Fitness

Meals

If knowledge is power, learning is your superpower.

Jim Kwik

Hydrate



Sleep 7 - 9 hrs

SUNDAY February 25

What three priorities or tasks matter most today?

7 _____

— 8 —

9 _____

10 _____

11 _____

12 —

PERSONAL TO DO

7	_____

8	_____

9	_____

WELL-BEING

Fitness

In a gentle way, you can shake the world.

Mahatma Gandhi

Sleep 7 - 9 hrs

MONDAY February 26

What three priorities or tasks matter most today?



7 _____



8 _____



9 _____



10 _____

PROFESSIONAL TO DO



11 _____



12 _____



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

PERSONAL TO DO



7 _____



8 _____



9 _____

WELL-BEING

Fitness

Meals

Indulge your imagination in every possible flight.

Jane Austen

Hydrate



Sleep 7 - 9 hrs

MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

TUESDAY February 27

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10 —

11 —

12 _____

1 _____

2 _____

3

4 _____

5 _____

PERSONAL TO DO

WELL-BEING

Fitness

It always seems impossible until it's done.

Nelson Mandela

Hydrate 

Sleep 7 - 9 hrs

WEDNESDAY February 28

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

It takes as much energy to wish as it does to plan.

Eleanor Roosevelt

Hydrate



Sleep 7 - 9 hrs

THURSDAY February 29

What three priorities or tasks matter most today?

7 _____

60

9 _____

10 _____

11 —

12 _____

1 _____

2 _____

PERSONAL TO DO

Life itself is the proper binge.

Julia Child

Hydrate

Sleep 7 - 9 hrs

FRIDAY March 1

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



WELL-BEING

Fitness

Meals

My life is my message.

Mahatma Gandhi

Hydrate



Sleep 7 - 9 hrs

WORKOUT LOG

SATURDAY March 2

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

7 _____

— 8 —

9 _____

10 _____

11 _____

12 —

PERSONAL TO DO

Never! Never! Never give up!

Winston Churchill

Hydrate

Sleep 7 - 9 hrs

SUNDAY March 3

What three priorities or tasks matter most today?

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

7	_____

8	_____

9	_____

10	_____

PROFESSIONAL TO DO

11	_____

12	_____

1	_____

2	_____

3	_____

4	_____

5	_____

6	_____

PERSONAL TO DO

7	_____
8	_____
9	_____

WELL-BEING

Fitness

Meals

No act of kindness, however small, is ever wasted.

Aesop

Hydrate



MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

MONDAY March 4

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10 —

11

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

WELL-BEING

Fitness

Nobody is too busy. It's just a matter of priority.

Anonymous

Hydrate 

Sleep 7 - 9 hrs

TUESDAY March 5

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



Fitness

Meals

Only I can change my life. No one can do it for me.

Carol Burnett

Hydrate



Sleep 7 - 9 hrs

WEDNESDAY March 6

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

an your work and work your plan.

Nanolean Hill

Sleep 7 - 9 hrs

THURSDAY March 7

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



WELL-BEING

Fitness

Meals

Remember that failure is an event, not a person.

Zig Ziglar

Hydrate



Sleep 7 - 9 hrs



FRIDAY March 8

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

7 _____

www.english-test.net

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

WELL-BEING

Fitness

Rise and rise again until lambs become lions.

Robin Hood

Sleep 7 - 9 hrs

SATURDAY March 9

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

The best thing to hold onto in life is each other.

Audrey Hepburn

Hydrate



Sleep 7 - 9 hrs

SUNDAY March 10

What three priorities or tasks matter most today?

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

7 _____

8

9 _____

10 —

11 —

12 _____

1 _____

2 _____

3

4 _____

5 _____

PERSONAL TO DO

7	_____

8	_____

9	_____

WELL-BEING

Fitness

The hard days are what make you stronger.

Aly Raisman

Hydrate

Sleep 7 - 9 hrs

MONDAY March 11

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

PERSONAL TO DO



7 _____

8 _____

9 _____

WELL-BEING

Fitness

Meals

The secret of getting ahead is getting started.

Mark Twain

Hydrate



Sleep 7 - 9 hrs

MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

TUESDAY March 12

What three priorities or tasks matter most today?

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

7 _____

88

9 _____

10 —

11 —

12 _____

1 _____

2 _____

PERSONAL TO DO

WELL-BEING

Fitness

The secret to success: stop wishing, start doing.

Steve Jobs

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY March 13

What three priorities or tasks matter most today?



7 _____



8 _____



9 _____



10 _____

PROFESSIONAL TO DO



11 _____



12 _____



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

PERSONAL TO DO



7 _____



8 _____



9 _____

WELL-BEING

Fitness

Meals

The time is always right to do what is right.

Martin Luther King Jr.

Hydrate



Sleep 7 - 9 hrs

THURSDAY March 14

What three priorities or tasks matter most today?

- | | |
|---|--|
| ○ | |
| ○ | |
| ○ | |
| ○ | |

7 _____

8 _____

9 _____

10 —

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

There is no virtue like mercy.

Chanakya

Hydrate 

Sleep 7 - 9 hrs

FRIDAY March 15

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



Meals

WELL-BEING

Fitness

Meals

To me, failure means not trying.

Sarah Blakely

Hydrate



Sleep 7 - 9 hrs



SATURDAY March 16

What three priorities or tasks matter most today?

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

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

PERSONAL TO DO

Whatever you are, be a good one.

Abraham Lincoln

Hydrate

Sleep 7 - 9 hrs

SUNDAY March 17

What three priorities or tasks matter most today?



7 _____

8 _____

9 _____

10 _____

PROFESSIONAL TO DO



11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO



WELL-BEING

Fitness

Meals

When deeds speak, words are nothing.

Pierre-Joseph Proudhon

Hydrate



Sleep 7 - 9 hrs

MEAL PLAN

	Breakfast	Lunch	Dinner	Snack/Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Fruit / Veggies

Protein / Dairy

Bread / Cereal / Grains

Spices / Baking

Condiment / Bottled

Frozen

Other

Other

Other

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)?