

2023-2024

RANJEET

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MONDAY November 27

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate 

Sleep 7 - 9 hrs

Dreams are necessary to life.
Anais Nin

TUESDAY November 28

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate 

Sleep 7 - 9 hrs

Remember that failure is an event, not a person.
Zig Ziglar

WEDNESDAY November 29

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Communication works for those who work at it.
John Powell

THURSDAY November 30

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate



FRIDAY December 1

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate 

Sleep 7 - 9 hrs

SATURDAY December 2

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Whoever is happy will make others happy too.
Anne Frank

SUNDAY December 3

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

A person is a genius when he is dreaming.
Akira Kurosawa

MONDAY December 4

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

A person is a genius when he is dreaming.
Akira Kurosawa

TUESDAY December 5

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Where thou art, that is home.
Emily Dickinson

WEDNESDAY December 6

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate 

Sleep 7 - 9 hrs

Never. Never. Never! Never give up!
Winston Churchill

THURSDAY December 7

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Remember that failure is an event, not a person.
Zig Ziglar

FRIDAY December 8

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

SATURDAY December 9

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Remember that failure is an event, not a person.
Zig Ziglar

SUNDAY December 10

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

It always seems impossible until it's done.
Nelson Mandela

MONDAY December 11

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

**Everything you can imagine is real.
Pablo Picasso**

TUESDAY December 12

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY December 13

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Whoever is happy will make others happy too.
Anne Frank

THURSDAY December 14

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Where thou art, that is home.
Emily Dickinson

FRIDAY December 15

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

**Everything you can imagine is real.
Pablo Picasso**

SATURDAY December 16

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Have courage and be kind.
Cinderella

SUNDAY December 17

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate 

Sleep 7 - 9 hrs

Communication works for those who work at it.
John Powell

MONDAY December 18

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

**Everything you can imagine is real.
Pablo Picasso**

TUESDAY December 19

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Never. Never. Never! Never give up!
Winston Churchill

WEDNESDAY December 20

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate



THURSDAY December 21

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate



FRIDAY December 22

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

○ Sleep 7 - 9 hrs

SATURDAY December 23

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Indulge your imagination in every possible flight.
Jane Austen

SUNDAY December 24

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

MONDAY December 25

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

TUESDAY December 26

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

The time is always right to do what is right.
Martin Luther King Jr.

WEDNESDAY December 27

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

If knowledge is power, learning is your superpower.
Jim Kwik

Hydrate



THURSDAY December 28

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

The secret to success: stop wishing, start doing.
Steve Jobs

FRIDAY December 29

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

The secret of getting ahead is getting started.
Mark Twain

SATURDAY December 30

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

A goal properly set is halfway reached.
Zig Ziglar

Hydrate



SUNDAY December 31

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

In a gentle way, you can shake the world.
Mahatma Gandhi

MONDAY January 1

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

○ Sleep 7 - 9 hrs

TUESDAY January 2

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Where thou art, that is home.
Emily Dickinson

WEDNESDAY January 3

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Dreams are necessary to life.
Anais Nin

THURSDAY January 4

What three priorities or tasks matter most today?

- _____
 - _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate



FRIDAY January 5

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Either you run the day or the day runs you.
Jim Rohn

SATURDAY January 6

What three priorities or tasks matter most today?

- _____
 - _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

In a gentle way, you can shake the world.
Mahatma Gandhi

SUNDAY January 7

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

MONDAY January 8

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

○ Sleep 7 - 9 hrs

TUESDAY January 9

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Indulge your imagination in every possible flight.
Jane Austen

Hydrate



WEDNESDAY January 10

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Everything that is real was imagined first.
The Velveteen Rabbit

THURSDAY January 11

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

There is no virtue like mercy.
Chanakya

FRIDAY January 12

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

To me, failure means not trying.
Sarah Blakely

Hydrate

Sleep 7 - 9 hrs

SATURDAY January 13

What three priorities or tasks matter most today?

- _____
 - _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

SUNDAY January 14

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Dreams are necessary to life.
Anais Nin

MONDAY January 15

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

TUESDAY January 16

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Where thou art, that is home.
Emily Dickinson

WEDNESDAY January 17

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

Plan your work and work your plan.
Napolean Hill

THURSDAY January 18

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

A goal properly set is halfway reached.
Zig Ziglar

FRIDAY January 19

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate



SATURDAY January 20

What three priorities or tasks matter most today?

- _____
 - _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

It always seems impossible until it's done.
Nelson Mandela

SUNDAY January 21

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

The secret of getting ahead is getting started.
Mark Twain

MONDAY January 22

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Indulge your imagination in every possible flight.
Jane Austen

Hydrate



TUESDAY January 23

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

WEDNESDAY January 24

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

In a gentle way, you can shake the world.
Mahatma Gandhi

THURSDAY January 25

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

My life is my message.
Mahatma Gandhi

FRIDAY January 26

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

SATURDAY January 27

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Life itself is the proper binge.
Julia Child

SUNDAY January 28

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

**Everything you can imagine is real.
Pablo Picasso**

MONDAY January 29

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

The hard days are what make you stronger.
Aly Raisman

TUESDAY January 30

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Remember that failure is an event, not a person.
Zig Ziglar

WEDNESDAY January 31

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Rise and rise again until lambs become lions.
Robin Hood

THURSDAY February 1

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

Plan your work and work your plan.
Napolean Hill

FRIDAY February 2

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Rise and rise again until lambs become lions.
Robin Hood

SATURDAY February 3

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Plan your work and work your plan.
Napolean Hill

SUNDAY February 4

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

Don't take counsel from your fears.
Thomas S. Monson

MONDAY February 5

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Life itself is the proper binge.
Julia Child

TUESDAY February 6

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Beware the barrenness of a busy life.
Socrates

WEDNESDAY February 7

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Remember that failure is an event, not a person.
Zig Ziglar

THURSDAY February 8

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

There is no virtue like mercy.
Chanakya

FRIDAY February 9

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

SATURDAY February 10

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

The time is always right to do what is right.
Martin Luther King Jr.

SUNDAY February 11

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate



Have courage and be kind.
Cinderella

MONDAY February 12

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

TUESDAY February 13

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate



WEDNESDAY February 14

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Dreams are necessary to life.
Anais Nin

THURSDAY February 15

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

FRIDAY February 16

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Never. Never. Never! Never give up!
Winston Churchill

SATURDAY February 17

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Whatever you are, be a good one.
Abraham Lincoln

SUNDAY February 18

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Never. Never. Never! Never give up!
Winston Churchill

MONDAY February 19

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

TUESDAY February 20

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate



WEDNESDAY February 21

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

○ Sleep 7 - 9 hrs

THURSDAY February 22

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Never. Never. Never! Never give up!
Winston Churchill

FRIDAY February 23

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

SATURDAY February 24

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

○ Sleep 7 - 9 hrs

SUNDAY February 25

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Life itself is the proper binge.
Julia Child

MONDAY February 26

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Plan your work and work your plan.
Napolean Hill

TUESDAY February 27

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

A person is a genius when he is dreaming.
Akira Kurosawa

WEDNESDAY February 28

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

The secret of getting ahead is getting started.
Mark Twain

THURSDAY February 29

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Life itself is the proper binge.
Julia Child

FRIDAY March 1

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Never. Never. Never! Never give up!
Winston Churchill

SATURDAY March 2

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

SUNDAY March 3

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate



MONDAY March 4

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

When deeds speak, words are nothing.
Pierre-Joseph Proudhon

TUESDAY March 5

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

When deeds speak, words are nothing.
Pierre-Joseph Proudhon

WEDNESDAY March 6

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

It always seems impossible until it's done.
Nelson Mandela

THURSDAY March 7

What three priorities or tasks matter most today?

- _____
 - _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

My life is my message.
Mahatma Gandhi

FRIDAY March 8

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Whoever is happy will make others happy too.
Anne Frank

SATURDAY March 9

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

SUNDAY March 10

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

It always seems impossible until it's done.
Nelson Mandela

MONDAY March 11

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Communication works for those who work at it.
John Powell

TUESDAY March 12

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Remember that failure is an event, not a person.
Zig Ziglar

WEDNESDAY March 13

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

It always seems impossible until it's done.
Nelson Mandela

THURSDAY March 14

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

FRIDAY March 15

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Rise and rise again until lambs become lions.
Robin Hood

SATURDAY March 16

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Everything you can imagine is real.
Pablo Picasso

SUNDAY March 17

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

There is no virtue like mercy.
Chanakya

MONDAY March 18

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

TUESDAY March 19

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

WEDNESDAY March 20

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

THURSDAY March 21

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

If knowledge is power, learning is your superpower.
Jim Kwik

Hydrate

○ Sleep 7 - 9 hrs

FRIDAY March 22

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

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

SATURDAY March 23

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

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

Hydrate

Sleep 7 - 9 hrs

SUNDAY March 24

What three priorities or tasks matter most today?

- _____

○ _____

○ _____

○ _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Don't take counsel from your fears.
Thomas S. Monson

MONDAY March 25

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

A goal properly set is halfway reached.
Zig Ziglar

Hydrate



TUESDAY March 26

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

Plan your work and work your plan.
Napolean Hill

WEDNESDAY March 27

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

There is no virtue like mercy.
Chanakya

THURSDAY March 28

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

It always seems impossible until it's done.
Nelson Mandela

FRIDAY March 29

What three priorities or tasks matter most today?

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

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

When deeds speak, words are nothing.
Pierre-Joseph Proudhon

SATURDAY March 30

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

Sleep 7 - 9 hrs

Don't take counsel from your fears.
Thomas S. Monson

SUNDAY March 31

What three priorities or tasks matter most today?

- _____
 - _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

Whoever is happy will make others happy too.
Anne Frank

MONDAY April 1

What three priorities or tasks matter most today?

- _____
 - _____
 - _____

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Hydrate

○ Sleep 7 - 9 hrs

Plan your work and work your plan.
Napolean Hill