

2023

Boss Life
Planner

2023 CALENDAR

JANUARY

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

FEBRUARY

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

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

APRIL

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30						

MAY

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JUNE

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18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

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30	31					

AUGUST

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
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SEPTEMBER

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OCTOBER

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NOVEMBER

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19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

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January 2023

Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
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Weekly Planner

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Weekly Self Care

Date:

Self-Care List

Priorities

Level Mood

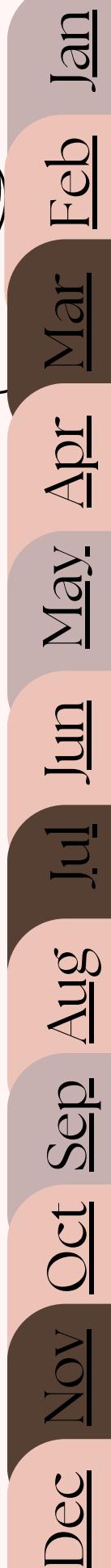
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Happy Moments of the Week



QUOTE:

You become what
you surround yourself with.
Energies are contagious.
Choose carefully.
Your environment will
become you.





Weekly Planner

WEEK OF :

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Weekly Self Care

Date:

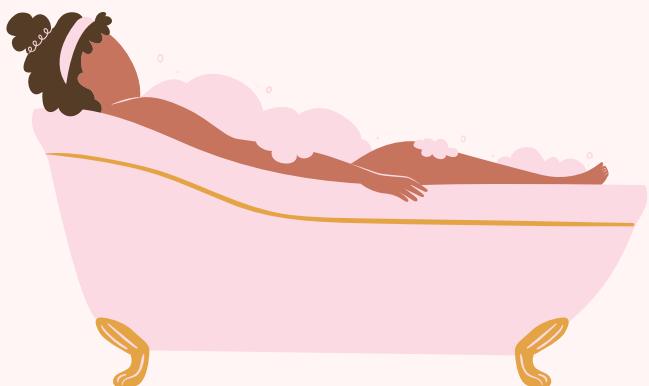
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

IT'S OKAY IF
THE ONLY THING YOU DID
TODAY WAS
BREATHE.

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



Weekly Planner

WEEK OF :

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Priorities

Level Mood

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😐	<input type="checkbox"/>					
😠	<input type="checkbox"/>					

Happy Moments of the Week



QUOTE :

Love and respect yourself
Put yourself first
Take care of your health,
mind and soul.





Weekly Planner

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Happy Moments of the Week



QUOTE :

YOU ALONE
ARE ENOUGH.
YOU HAVE
NOTHING TO PROVE TO ANYBODY.
- MAYA ANGELOU





Weekly Planner

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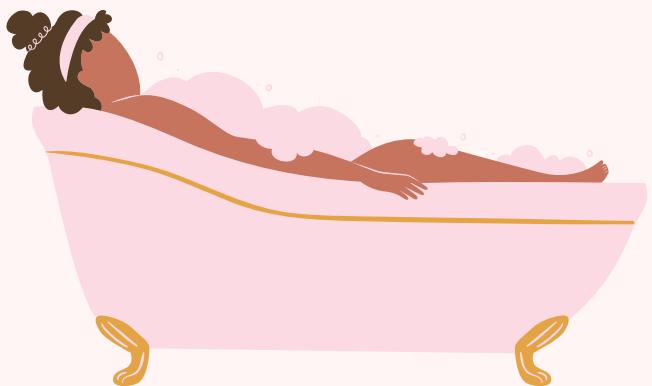
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

DON'T FORGET
YOU'RE HUMAN.
IT'S OK TO HAVE A MELTDOWN.
JUST DON'T UNPACK AND LIVE THERE.
CRY IT OUT.
THEN REFOCUS ON WHERE
YOU'RE HEADED.



Monthly Check-In

What was the best thing that happened this month?	Jan
What happened this month that I am grateful for?	Feb
What did I learn this month?	Mar
Did I make time for myself this month?	Apr
What was my overall mood like this month?	May
How did I show kindness this month?	Jun
How was I shown kindness this month?	Jul
What did I do to take care of myself this month?	Aug
Was there anything that made me feel down?	Sep
What do I want to change next month?	Oct
	Nov
	Dec

February 2023

Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
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26	27	28	01	02	03	04

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



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Weekly Self Care

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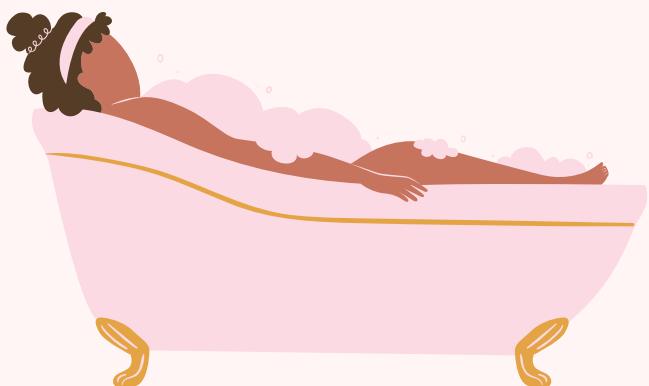
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

If it doesn't bring peace,
profits,
or purpose then
don't give it your time,
energy, or attention.

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



Weekly Planner

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Weekly Self Care

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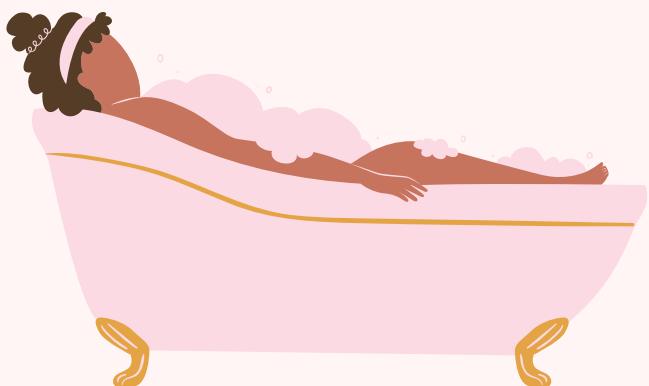
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :
"WE CANNOT
BECOME WHAT WE WANT BY
REMAINING WHAT
WE ARE"
-Max Depree

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



Weekly Planner

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Weekly Self Care

Date:

Self-Care List

Priorities

Level Mood

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Happy Moments of the Week

A large, light-colored rectangular box intended for listing happy moments from the week.

QUOTE :

Self care is how you
take your power back
~ LALAH DELIA





Weekly Planner

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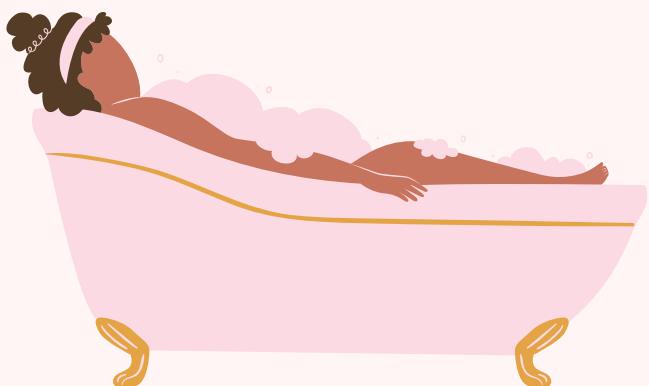
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

Encourage yourself, believe in yourself, and love yourself.

Never doubt who you are.

- Stephanie Lahart

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Monthly Check-In

What was the best thing that happened this month?	Jan
What happened this month that I am grateful for?	Feb
What did I learn this month?	Mar
Did I make time for myself this month?	Apr
What was my overall mood like this month?	May
How did I show kindness this month?	Jun
How was I shown kindness this month?	Jul
What did I do to take care of myself this month?	Aug
Was there anything that made me feel down?	Sep
What do I want to change next month?	Oct
	Nov
	Dec

March 2023

Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	01	02	03	04
05	06	07	08	09	10	11
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26	27	28	29	30	31	01

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Weekly Planner

WEEK OF :

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Weekly Self Care

Date:

Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

"We cannot adequately care for others if we are not first fully caring for ourselves."

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Weekly Self Care

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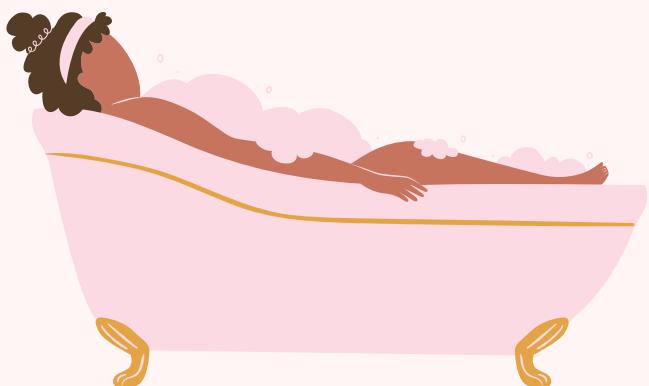
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

You can't pour from
an empty cup.





Weekly Planner

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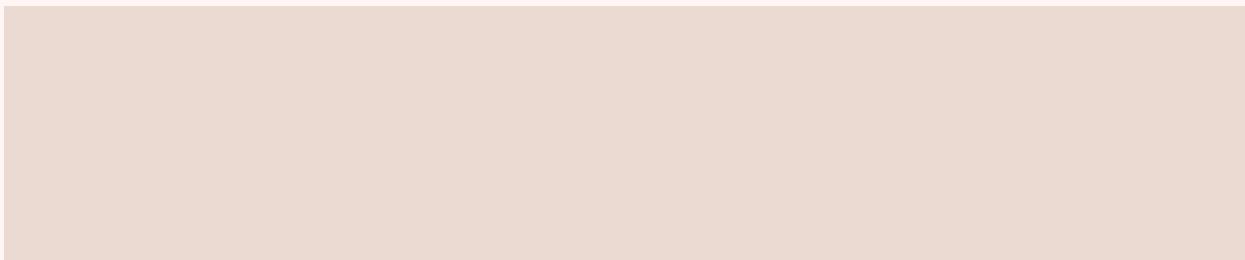
Weekly Self Care

Date:

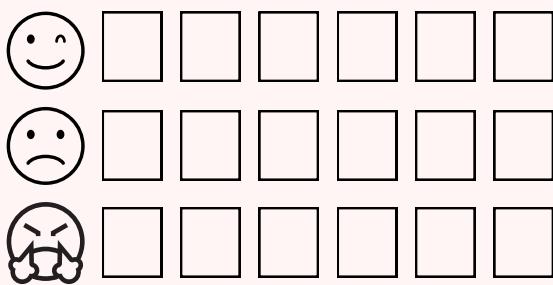
Self-Care List

Priorities

Happy Moments of the Week



Level Mood



QUOTE :

Caring for yourself is a
necessary part of
caring for others

~ ROBYN CONLEY DOWNS

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



Weekly Planner

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Weekly Self Care

Date:

Self-Care List

Priorities

Level Mood

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Happy Moments of the Week

A large, light beige rectangular box intended for listing happy moments from the week.

QUOTE :

It's ok.
You just forgot
who you are.
WELCOME BACK.



Monthly Check-In

What was the best thing that happened this month?	
What happened this week that I am grateful for?	
What did I learn this month?	
Did I make time for myself this month?	
What was my overall mood like this month?	
How did I show kindness this month?	
How was I shown kindness this month?	
What did I do to take care of myself this month?	
Was there anything that made me feel down?	
What do I want to change next month?	

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

April 2023

Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
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09	10	11	12	13	14	15
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23	24	25	26	27	28	29
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Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



Weekly Planner

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Weekly Self Care

Date:

Self-Care List

Priorities

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Happy Moments of the Week



QUOTE :

I'm stronger because
I had to be,
I'm smarter because of
my mistakes,
happier because of the
sadness I've known,
and now wiser because I learned.

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



Weekly Planner

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Weekly Self Care

Date:

Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

You always have a choice

You are powerful and
strong. You are capable of
making your own decision

You are on the right track
Believe in yourself.





Weekly Planner

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Weekly Self Care

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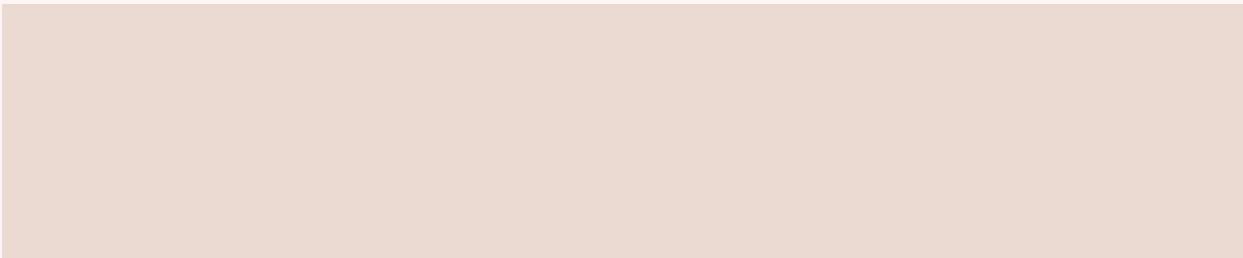
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

Some things break your heart but fix your vision.

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



Weekly Planner

WEEK OF :

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Weekly Self Care

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Self-Care List

Priorities

Level Mood

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Happy Moments of the Week

A large, light brown rectangular box intended for users to write down their happy moments from the week.

QUOTE :

Today is your opportunity to build the tomorrow you want.

~ KEN POIROT





Weekly Planner

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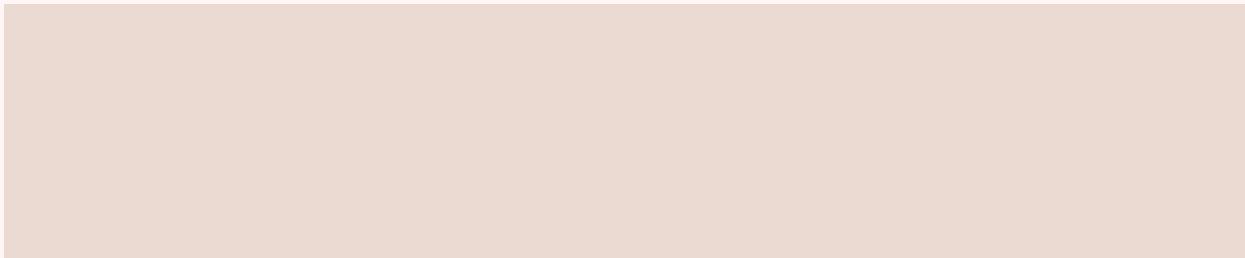
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

Never let
anyone.....
dull your
SPARKLE !

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

Monthly Check-In

What was the best thing that happened this month?	Jan
What happened this month that I am grateful for?	Feb
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Did I make time for myself this month?	Apr
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May 2023

Planner

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Weekly Planner

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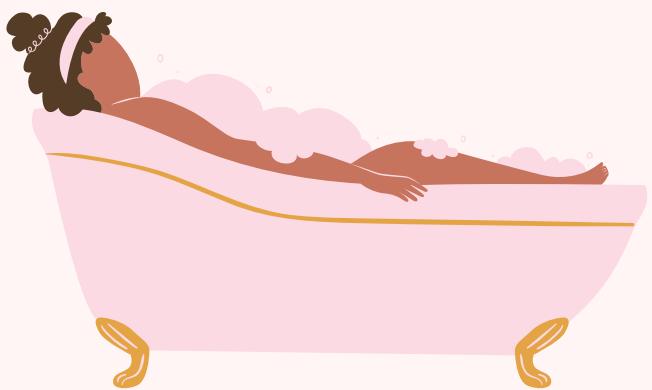
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

No one is you and
that is your power.

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



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Happy Moments of the Week



QUOTE :

You deserve the same
outpouring of time, love and
energy that you offer others.

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Happy Moments of the Week

A large, solid light orange rectangular area intended for listing happy moments from the week.

QUOTE :

Whatever you hold in your mind
on a
constant basis is exactly what
you will experience in life.
~ Tony Robbins

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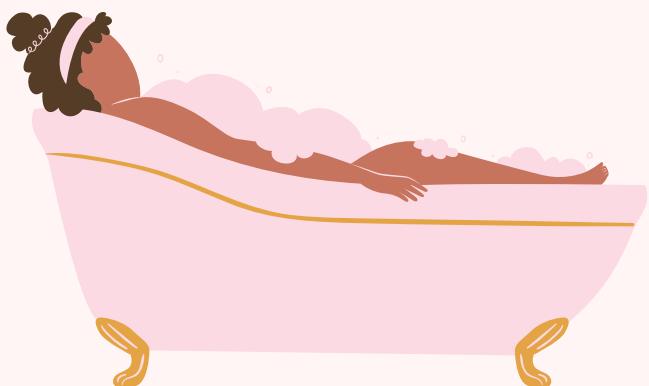
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

GROWTH IS PAINFUL.
CHANGE IS PAINFUL.
BUT NOTHING IS AS PAINFUL AS
STAYING STUCK SOMEWHERE
YOU DON'T BELONG.

~ Mandy Hale





Weekly Planner

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Weekly Self Care

Date:

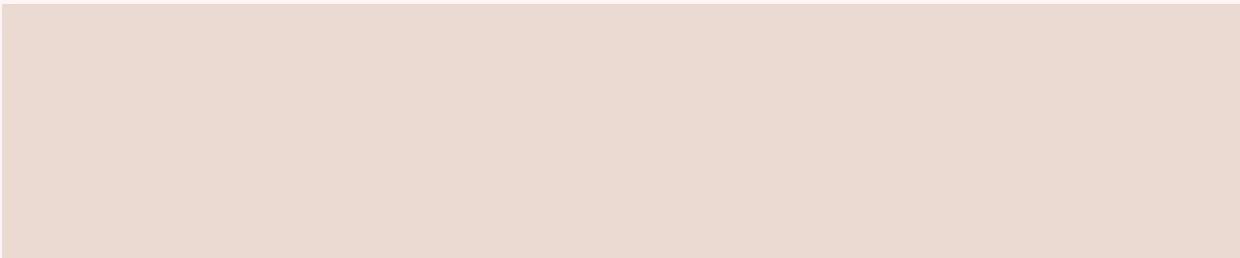
Self-Care List

Priorities

Level Mood

	<input type="checkbox"/>					
	<input type="checkbox"/>					
	<input type="checkbox"/>					

Happy Moments of the Week



QUOTE :

Saying no can be the
best form of self-care

~FRAN HAUSER

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

Monthly Check-In

What was the best thing that happened this month?	Jan
What happened this month that I am grateful for?	Feb
What did I learn this month?	Mar
Did I make time for myself this month?	Apr
What was my overall mood like this month?	May
How did I show kindness this month?	Jun
How was I shown kindness this month?	Jul
What did I do to take care of myself this month?	Aug
Was there anything that made me feel down?	Sep
What do I want to change next month?	Oct
	Nov
	Dec

June 2023

Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	01

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



Weekly Planner

WEEK OF :

MONTH :

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTE :



Jan
Feb
Mar

Apr

May
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Jul

Aug

Sep

Oct

Nov

Dec



Weekly Self Care

Date:

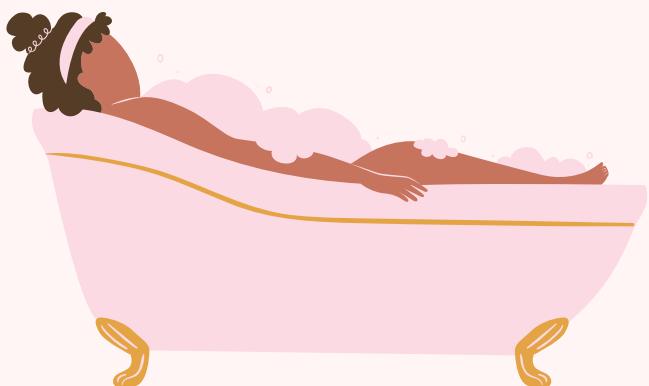
Self-Care List

Priorities

Level Mood

😊	□	□	□	□	□	□
😐	□	□	□	□	□	□
😠	□	□	□	□	□	□

Happy Moments of the Week



QUOTE :

"TRUST THAT IT'S OKAY
TO PUT YOUR NEEDS FIRST.
YOU DESERVE TO TAKE
CARE OF YOURSELF."
~- DANIELL KOEPKE





Weekly Planner

WEEK OF :

MONTH :

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTE :



Jan
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Weekly Self Care

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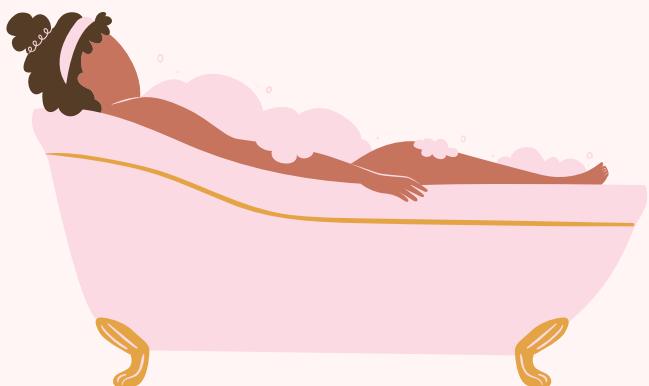
Self-Care List

Priorities

Level Mood

	<input type="checkbox"/>					
	<input type="checkbox"/>					
	<input type="checkbox"/>					

Happy Moments of the Week



QUOTE :

There will always be someone
who can't see your worth.

Don't let it be you.

- MEL ROBBINS

Jan

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Sep

Oct

Nov

Dec



Weekly Planner

WEEK OF :

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MONDAY

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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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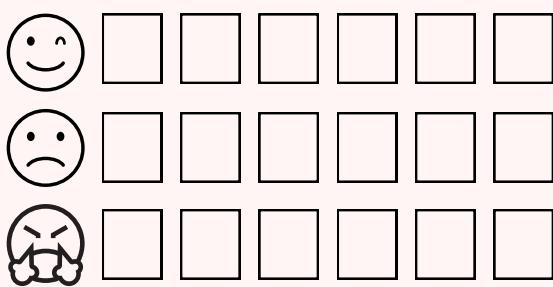
Weekly Self Care

Date:

Self-Care List

Priorities

Level Mood



Happy Moments of the Week



QUOTE :

Recognize what's important to you and create boundaries without feeling guilty or rude.

- Eleanor Roosevelt

Jan

Feb

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Weekly Planner

WEEK OF :

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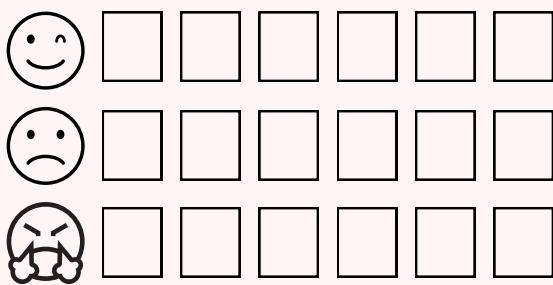
Weekly Self Care

Date:

Self-Care List

Priorities

Level Mood



Happy Moments of the Week

A large, light brown rectangular box intended for listing happy moments from the week.

QUOTE :

Taking care of myself
doesn't mean "me first"
it means "me too"
~ L.R. Knosts

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