

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
			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				

## MARCH

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	

## APRIL

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						

## MAY

S	M	T	W	T	F	S
		1	2	3	4	5
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			

## JUNE

S	M	T	W	T	F	S
			1	2	3	4
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	

## JULY

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					

## AUGUST

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			

## SEPTEMBER

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

## OCTOBER

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				

## NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
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		

## DECEMBER

S	M	T	W	T	F	S
			1	2		
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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# July 2023

## Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	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	31	01	02	03	04	05

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

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## Priorities

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## Level Mood

	<input type="checkbox"/>					
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## Happy Moments of the Week



## QUOTE :

Don't let insecurity ruin the beauty you were born with.

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

	<input type="checkbox"/>					
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## Happy Moments of the Week



## QUOTE :

Self care is giving the world the best of you, instead of what's left of you.

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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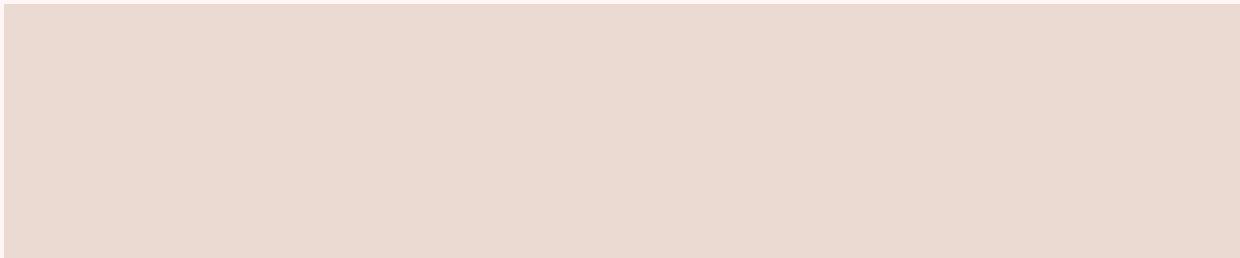
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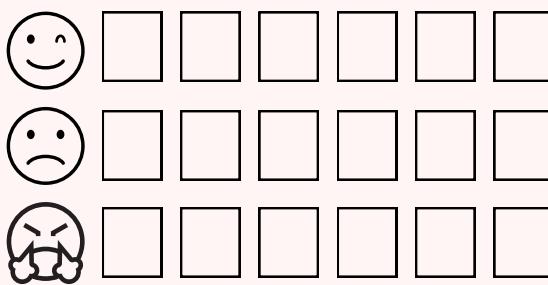
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## Happy Moments of the Week



## Level Mood



### QUOTE :

BALANCE IS NOT  
SOMETHING  
YOU FIND, IT'S SOMETHING  
YOU CREATE  
~Jana Kingsford

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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

## Happy Moments of the Week

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

## QUOTE :

Discipline, consistency, and perseverance will take you places motivation never could.

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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## Happy Moments of the Week



## QUOTE :

If you focus on the hurt, you will continue to suffer.  
If you focus on the lesson, you will continue to grow.

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# Monthly Check-In

What was the best thing that happened this month?	
What happened this month 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

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# August 2023

## Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	31	01	02

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

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## Priorities

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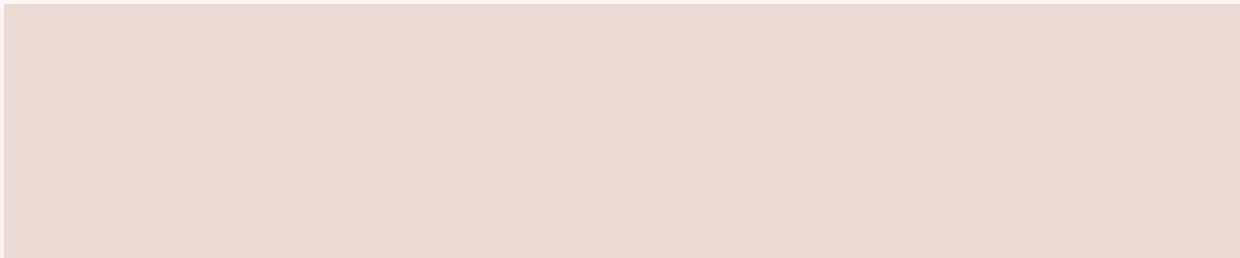
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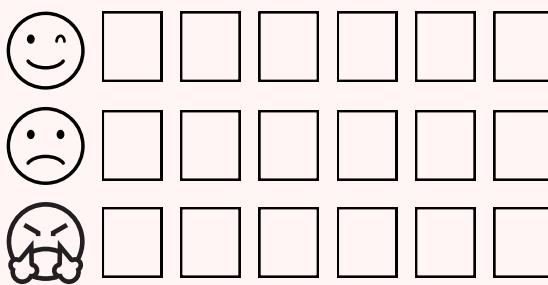
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## Happy Moments of the Week



## Level Mood



## QUOTE :

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

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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## Happy Moments of the Week



### QUOTE :

You don't need closure from them. Their behavior is enough. Give yourself closure by knowing your worth, walking away, and honoring what your heart deserves.

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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😠	□	□	□	□	□	□

## Happy Moments of the Week



## QUOTE :

Some things break your heart but fix your vision.

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# Weekly Planner

WEEK OF :

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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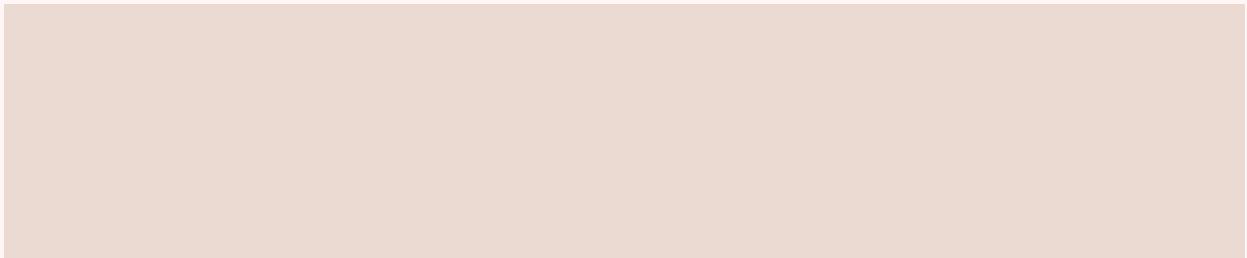
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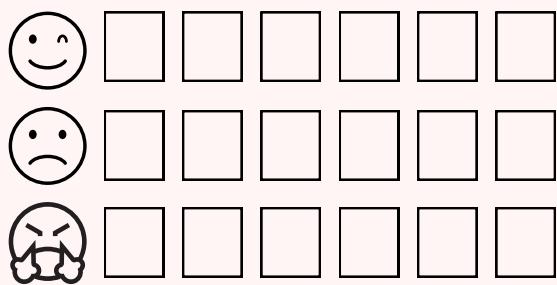
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## Happy Moments of the Week



## Level Mood



## QUOTE :

Flowers grow back even after  
the harshest winters.  
You will, too.  
~JENNAE CECELIA

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# Monthly Check-In

What was the best thing that happened this month?	
What happened this month 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

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# September 2023

*Planner*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	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

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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## Happy Moments of the Week



## QUOTE :

The one who falls and gets up, is so much stronger than one who never fell.

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# Weekly Planner

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# Weekly Self Care

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## Self-Care List

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## Priorities

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## Level Mood

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## Happy Moments of the Week



### QUOTE :

TO BE BEAUTIFUL  
MEANS TO BE YOURSELF.  
YOU DON'T NEED TO  
BE ACCEPTED BY OTHERS.  
YOU NEED TO  
ACCEPT YOURSELF.

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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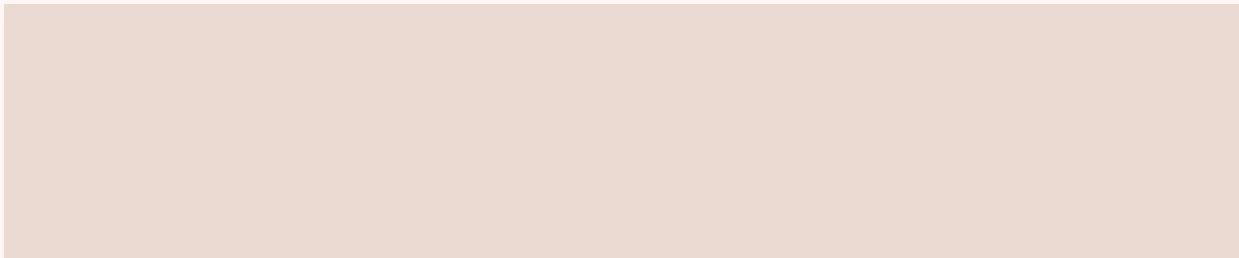
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## Happy Moments of the Week



### QUOTE :

True self-care is not bath salts and chocolate cake, it's making the choice to build a life you don't need to escape from  
- ~Brianna Wiest

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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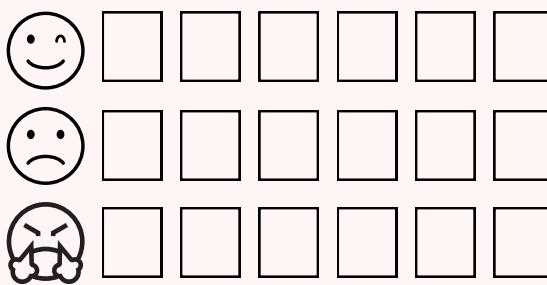
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## Level Mood



## Happy Moments of the Week

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

## QUOTE :

It's not about being the best.  
It's about being better  
than you were  
yesterday.

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# Monthly Check-In

What was the best thing that happened this month?	
What happened this month 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

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# October 2023

## Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	31	01	02	03	04

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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## Happy Moments of the Week



QUOTE :

SCARED?

GOOD.  
WE DON'T GROW WHEN  
WE STAY INSIDE OUR  
COMFORT ZONE.

Jan  
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# Weekly Planner

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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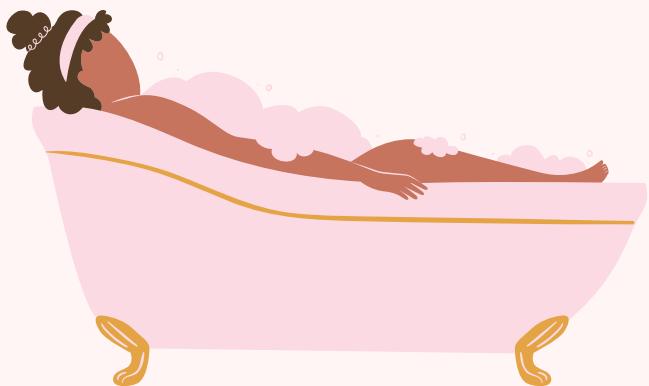
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## Level Mood

😊	□	□	□	□	□	□
😐	□	□	□	□	□	□
😡	□	□	□	□	□	□

## Happy Moments of the Week



QUOTE :

You have two choices:  
evolve or  
repeat.

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# Weekly Planner

WEEK OF :

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

😊	□	□	□	□	□	□
😐	□	□	□	□	□	□
😡	□	□	□	□	□	□

## Happy Moments of the Week



## QUOTE :

Never let the sadness of your past, and the fear of your future, ruin the happiness of your present.

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# Weekly Planner

WEEK OF :

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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😐	□	□	□	□	□	□
😠	□	□	□	□	□	□

## Happy Moments of the Week



## QUOTE :

You are not the sun.  
You are not responsible  
for everyone's life  
on the planet.

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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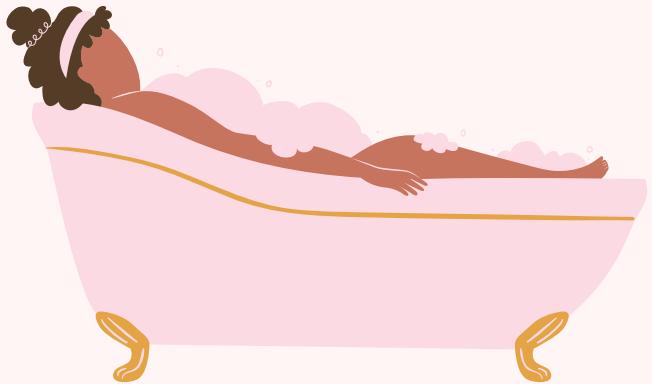
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## Happy Moments of the Week



## Level Mood

😊	□	□	□	□	□	□
😐	□	□	□	□	□	□
😡	□	□	□	□	□	□

QUOTE :  
Remind yourself of what you've  
been able to overcome.  
All the times you felt like you  
weren't going to make it through,  
you proved yourself wrong.  
You're more powerful than you think.  
~ Ash Alves

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# Monthly Check-In

What was the best thing that happened this month?	
What happened this month 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

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# November 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
19	20	21	22	23	24	25
26	27	28	29	30	01	02

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# Weekly Planner

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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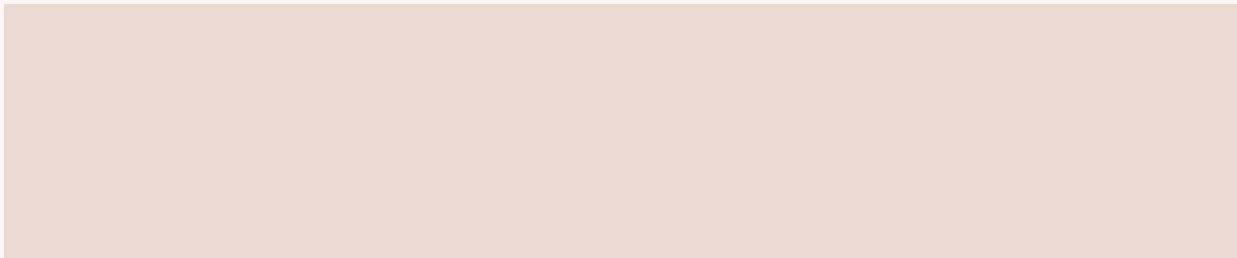
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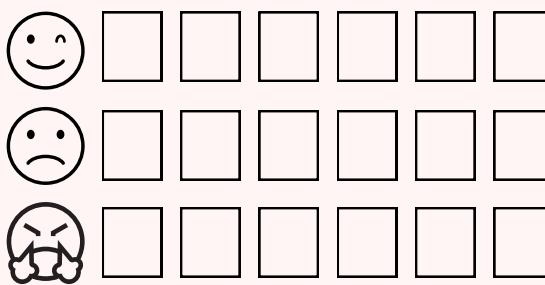
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## Happy Moments of the Week



## Level Mood



### QUOTE :

Always end the night with a positive thought.  
No matter how hard the day may have been, there is always a reason to be grateful. Let tomorrow be a fresh start.

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

😊	□	□	□	□	□	□
😐	□	□	□	□	□	□
😡	□	□	□	□	□	□

## Happy Moments of the Week



## QUOTE :

Your value doesn't decrease based on someone's inability to see your worth.

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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😡	□	□	□	□	□	□

## Happy Moments of the Week



## QUOTE :

When you strive to be a better version of yourself from a place of self love, not criticism... everything changes.

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# Weekly Planner

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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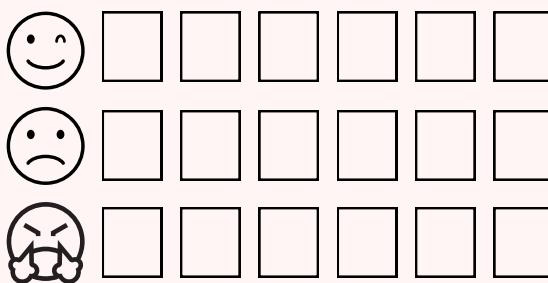
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## Level Mood



## Happy Moments of the Week



### QUOTE:

Look for the small improvements,  
recognize those successes  
and let them be a big deal.  
~ ELISE CRIPE

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# Monthly Check-In

What was the best thing that happened this month?	
What happened this month 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

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# December 2023

Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	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
31	01	02	03	04	05	06

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# Weekly Planner

WEEK OF :

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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## Happy Moments of the Week



## QUOTE :

Without rain, nothing grows.  
Learn to embrace the  
storms in your life.

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# Weekly Planner

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# Weekly Self Care

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## Self-Care List

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## Priorities

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## Level Mood

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## Happy Moments of the Week



## QUOTE :

Learn your place in  
someone's life, so you don't  
overplay your part.

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# Weekly Planner

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# Weekly Self Care

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## Self-Care List

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## Priorities

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## Level Mood

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## Happy Moments of the Week



## QUOTE :

Spend time with people who  
are good for your  
mental health.

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# Weekly Planner

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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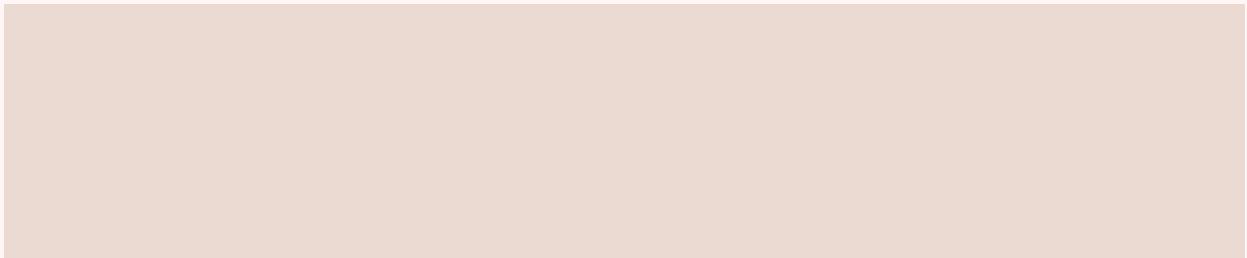
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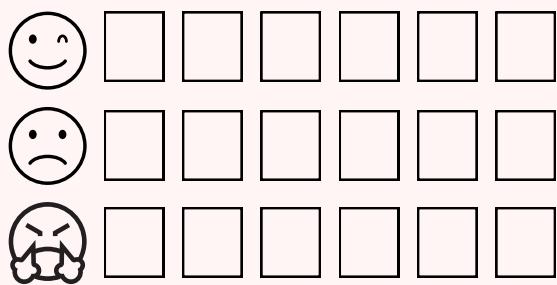
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## Happy Moments of the Week



## Level Mood



## QUOTE :

Never make someone a priority when all you are to them is an option.

~ Maya Angelou

Jan

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# Monthly Check-In

What was the best thing that happened this month?	
What happened this month 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?	

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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
			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				

## MARCH

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	

## APRIL

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						

## MAY

S	M	T	W	T	F	S
		1	2	3	4	5
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			

## JUNE

S	M	T	W	T	F	S
			1	2	3	4
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	

## JULY

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					

## AUGUST

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			

## SEPTEMBER

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

## OCTOBER

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				

## NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
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		

## DECEMBER

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
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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
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	01	02	03	04

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# Weekly Planner

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NOTE :



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# Weekly Self Care

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## Self-Care List

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## Priorities

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## 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.

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

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## Priorities

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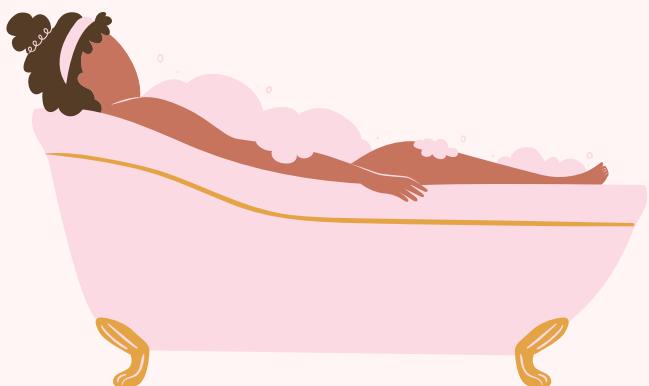
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## Level Mood

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

## Happy Moments of the Week



## QUOTE :

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





# Weekly Planner

WEEK OF :

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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

## Happy Moments of the Week



## QUOTE :

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





# Weekly Planner

WEEK OF :

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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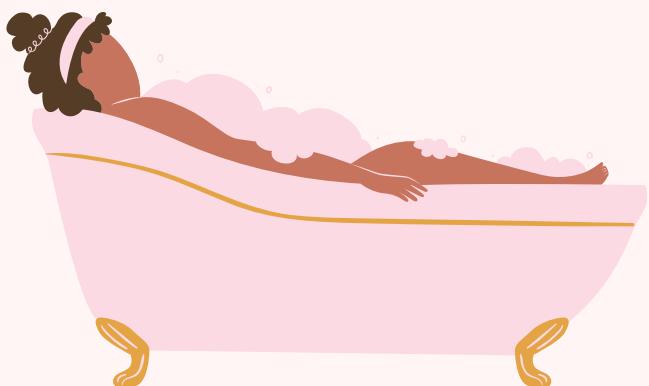
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## Level Mood

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

## Happy Moments of the Week



## QUOTE :

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





# Weekly Planner

WEEK OF :

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NOTE :



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Date:

### Self-Care List

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### Priorities

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### Level Mood

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

### 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
19	20	21	22	23	24	25
26	27	28	01	02	03	04

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



# Weekly Planner

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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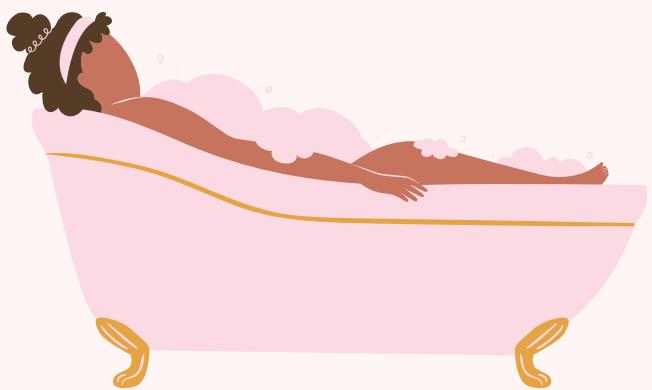
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## Level Mood

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

## 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

WEEK OF :

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NOTE :



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# Weekly Self Care

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## Self-Care List

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## Priorities

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## Level Mood

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	<input type="checkbox"/>					

## 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

WEEK OF :

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

😊	<input type="checkbox"/>					
😐	<input type="checkbox"/>					
😡	<input type="checkbox"/>					

## Happy Moments of the Week

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

## QUOTE :

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





# Weekly Planner

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## 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
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01

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



# Weekly Planner

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NOTE :



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# Weekly Self Care

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## Self-Care List

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## Priorities

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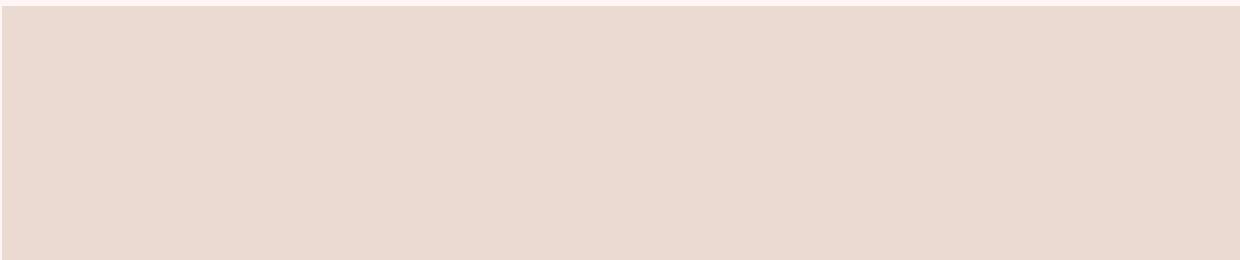
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## Happy Moments of the Week



## QUOTE :

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

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



# Weekly Planner

WEEK OF :

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

	<input type="checkbox"/>					
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## Happy Moments of the Week



QUOTE :

You can't pour from  
an empty cup.





# Weekly Planner

WEEK OF :

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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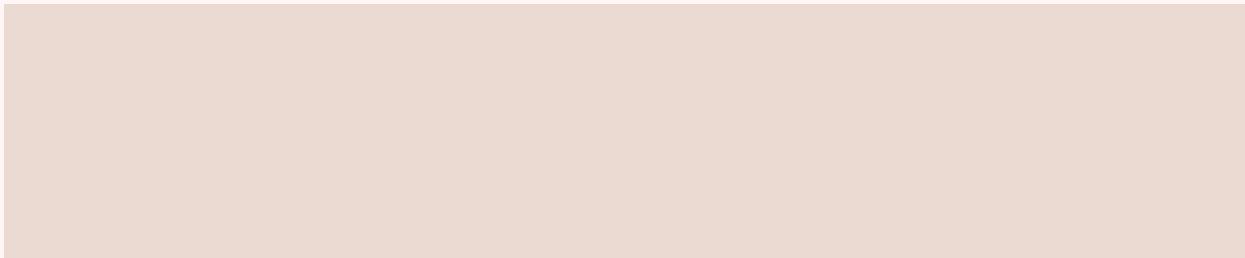
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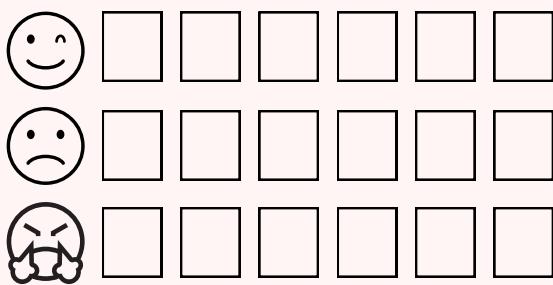
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## Happy Moments of the Week



## 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

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## Priorities

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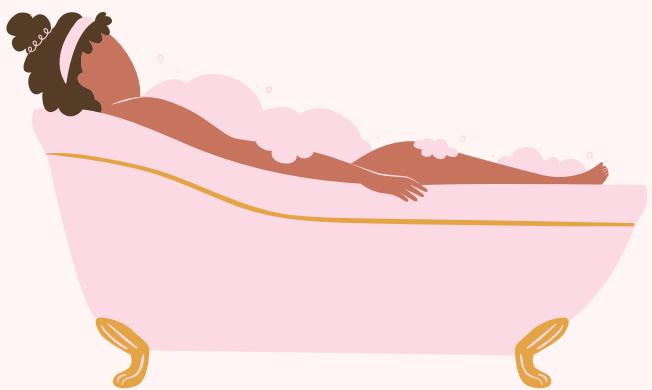
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## Level Mood

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

## Happy Moments of the Week



A large light brown rectangular area for writing down happy moments.

## 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?	

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# April 2023

## Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	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	02	03	04	05	06

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

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## Priorities

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## Level Mood

	<input type="checkbox"/>					
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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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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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

## 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.

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# Weekly Planner

WEEK OF :

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NOTE :



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# Weekly Self Care

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## Priorities

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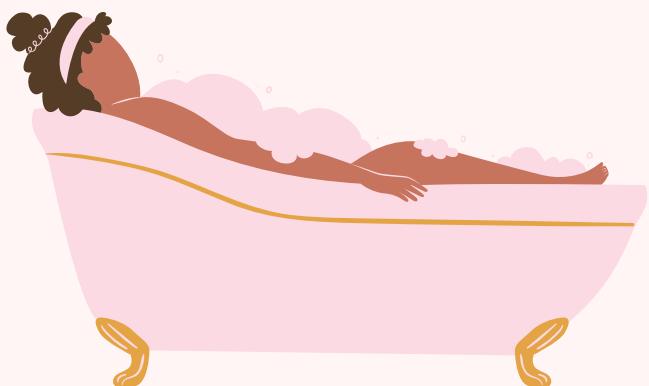
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## Level Mood

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

## Happy Moments of the Week



## QUOTE :

Some things break your heart but fix your vision.

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# Weekly Planner

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Happy Moments of the Week

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

## QUOTE :

Today is your opportunity to build the tomorrow you want.  
~ KEN POIROT





# Weekly Planner

WEEK OF :

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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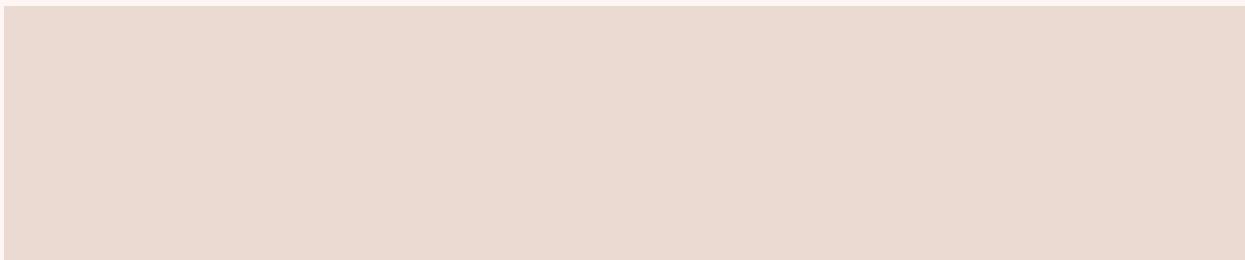
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## Level Mood

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

## 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
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

# May 2023

## Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	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	31	01	02	03

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# Weekly Planner

WEEK OF :

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NOTE :



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# Weekly Self Care

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## Self-Care List

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## Priorities

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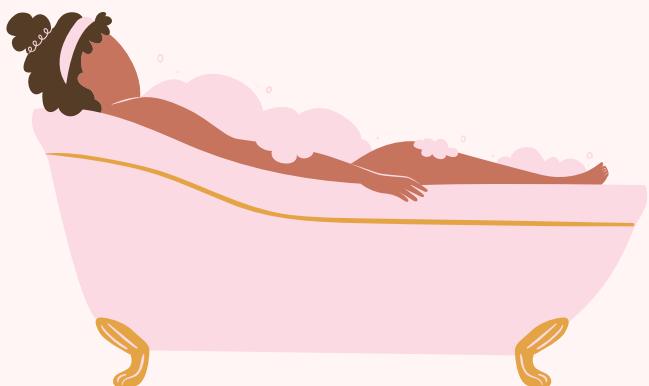
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## Level Mood

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

## Happy Moments of the Week



## QUOTE :

No one is you and  
that is your power.

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# Weekly Planner

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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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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# Weekly Planner

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## Level Mood

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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

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



# Weekly Planner

WEEK OF :

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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## 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

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## Priorities

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## Level Mood

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## Happy Moments of the Week



## QUOTE :

Saying no can be the  
best form of self-care

~FRAN HAUSER

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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

# 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

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NOTE :



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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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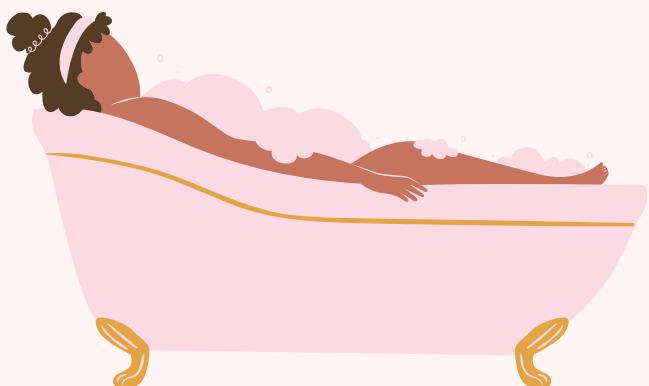
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## Level Mood

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## 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

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# Weekly Self Care

Date:

## Self-Care List

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## Priorities

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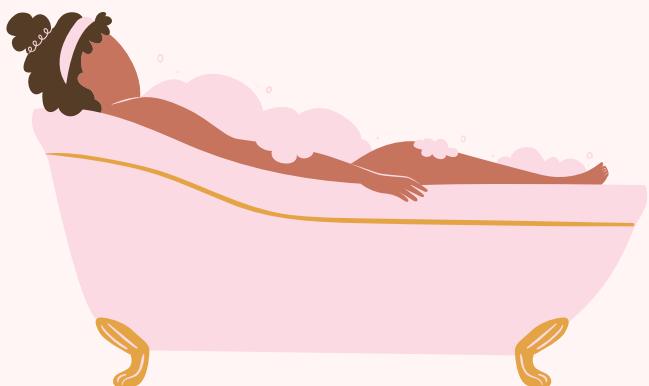
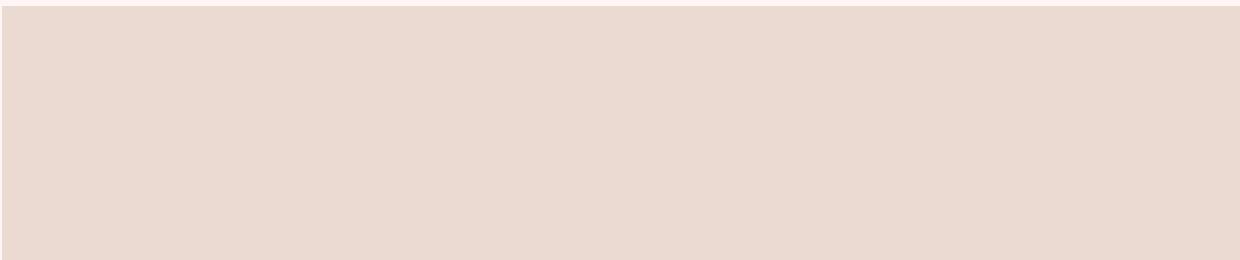
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## Happy Moments of the Week



## QUOTE :

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

Don't let it be you.

- MEL ROBBINS

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# Weekly Self Care

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## Self-Care List

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## Priorities

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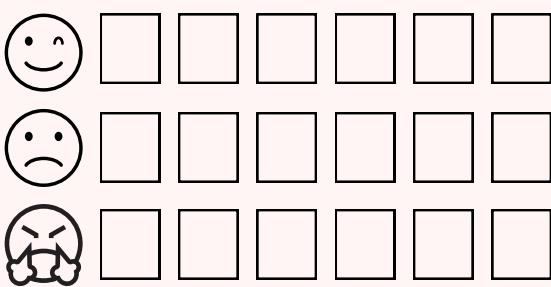
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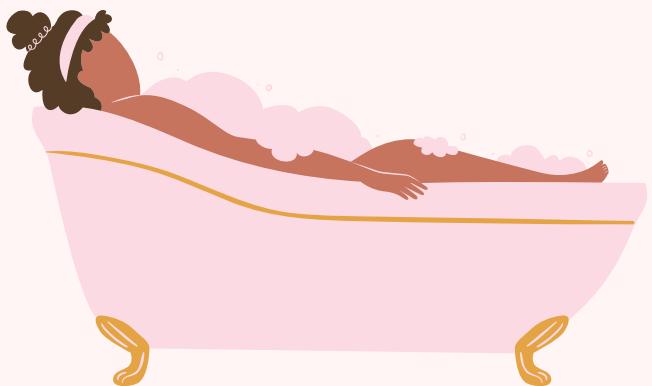
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## Level Mood



## Happy Moments of the Week



## QUOTE :

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

- Eleanor Roosevelt

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# Weekly Planner

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# Weekly Self Care

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## Priorities

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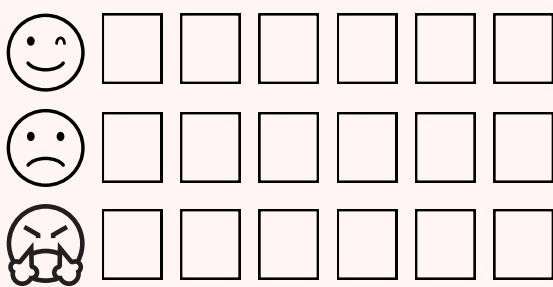
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## Level Mood



## 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



# 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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	Nov
	Dec