

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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MAY

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28	29	30	31			

JUNE

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

JULY

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2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30	31					

AUGUST

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20	21	22	23	24	25	26
27	28	29	30			

SEPTEMBER

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OCTOBER

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NOVEMBER

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26	27	28	29	30		

DECEMBER

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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
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30	31	01	02	03	04	05

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



Weekly Planner

WEEK OF :

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Weekly Self Care

Date:

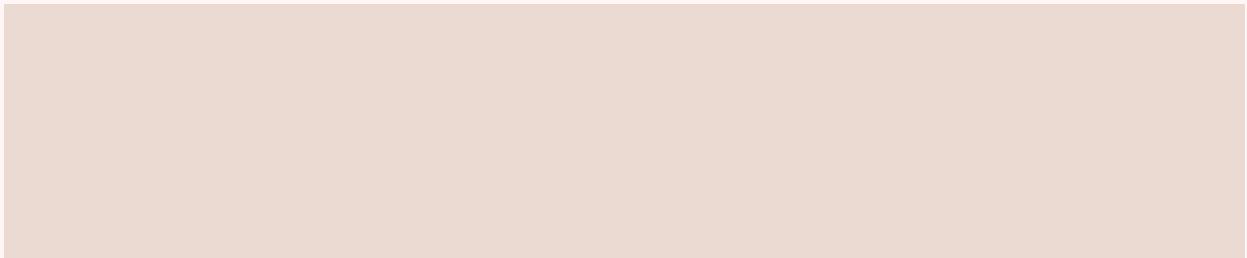
Self-Care List

Priorities

Level Mood

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Happy Moments of the Week



QUOTE :

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

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Weekly Planner

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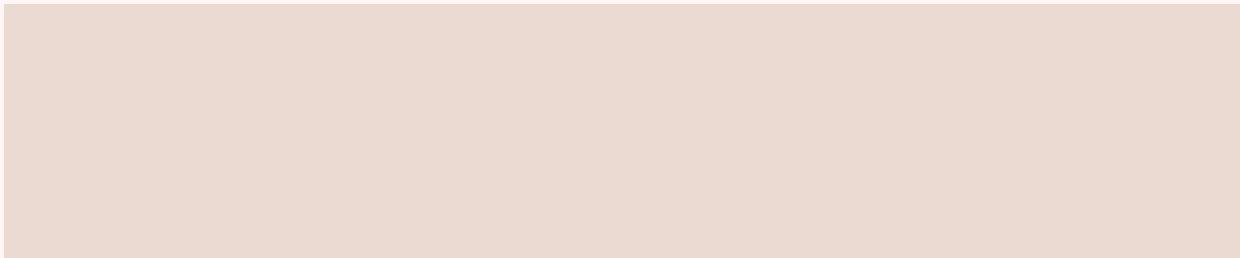
Weekly Self Care

Date:

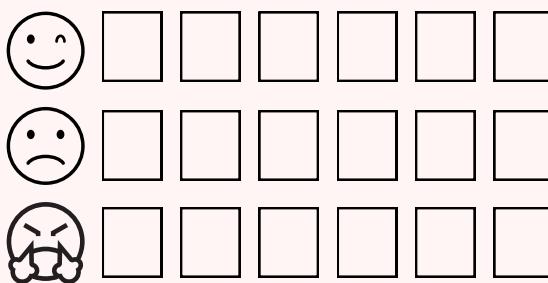
Self-Care List

Priorities

Happy Moments of the Week



Level Mood



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:

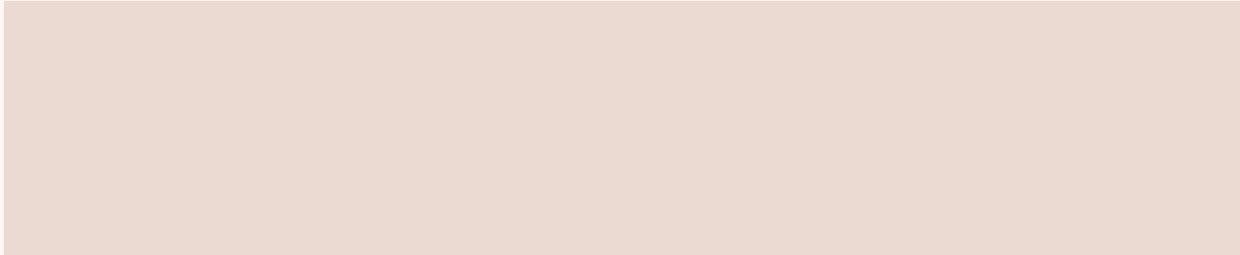
Self-Care List

Priorities

Level Mood

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



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

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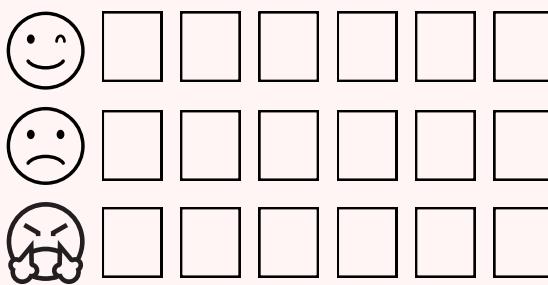
Weekly Self Care

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 :

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

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Weekly Self Care

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Self-Care List

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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?	

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August 2023

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30	31	01	02	03	04	05
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Weekly Self Care

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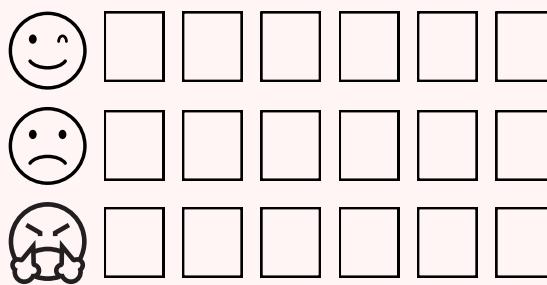
Self-Care List

Priorities

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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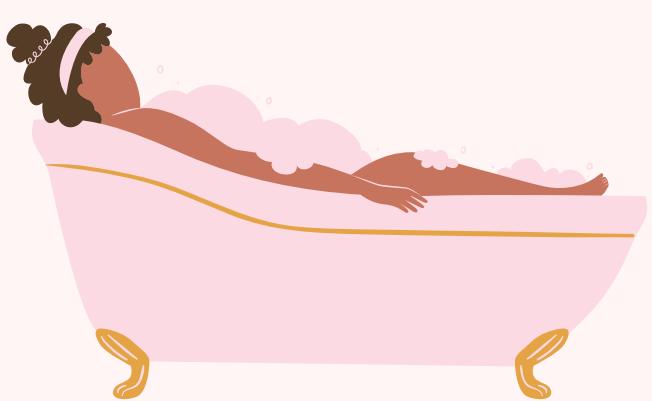
Weekly Self Care

Date:

Self-Care List

Priorities

Happy Moments of the Week



A large, light pink bathtub filled with white bubbles. A person's legs and feet are visible, submerged in the water. The bathtub has gold-colored claw feet.

Level Mood

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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

Priorities

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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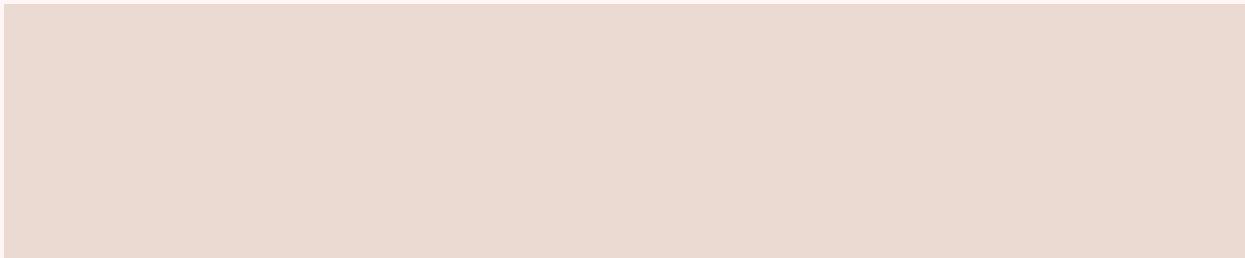
Weekly Self Care

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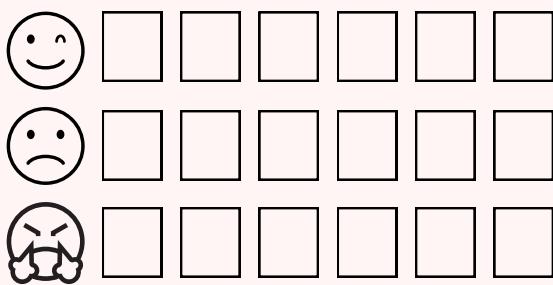
Self-Care List

Priorities

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?	

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September 2023

Planner

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27	28	29	30	31	01	02
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Weekly Self Care

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Self-Care List

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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 Self Care

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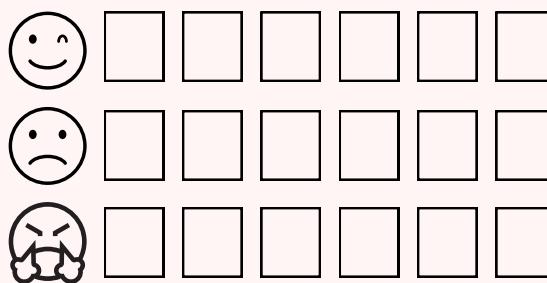
Self-Care List

Priorities

Happy Moments of the Week



Level Mood



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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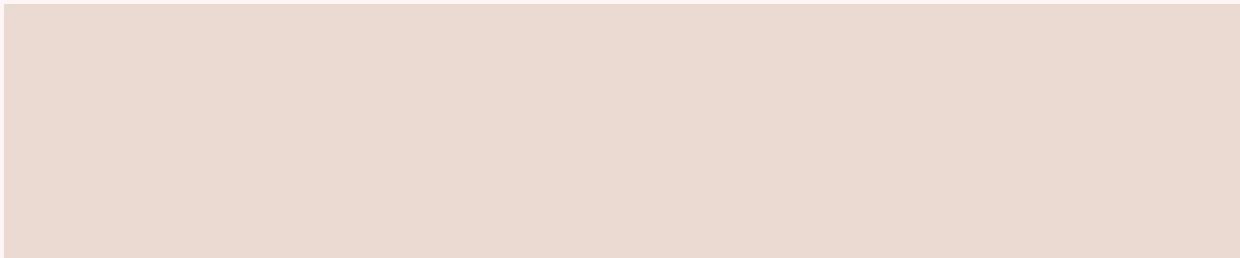
Weekly Self Care

Date:

Self-Care List

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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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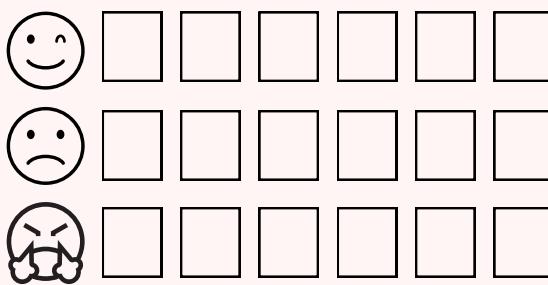
Weekly Self Care

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 :

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?	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

October 2023

Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
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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 :

SCARED?

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

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Weekly Self Care

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Self-Care List

Priorities

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Happy Moments of the Week



QUOTE :

You have two choices:
evolve or
repeat.

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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 :

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

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Weekly Self Care

Date:

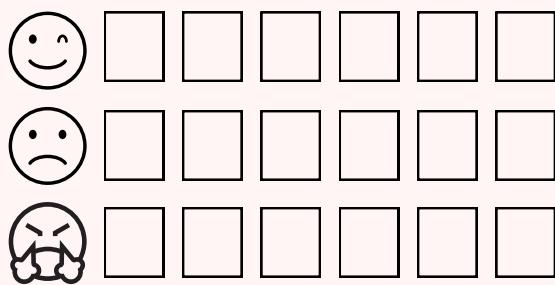
Self-Care List

Priorities

Happy Moments of the Week



Level Mood



QUOTE :

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

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



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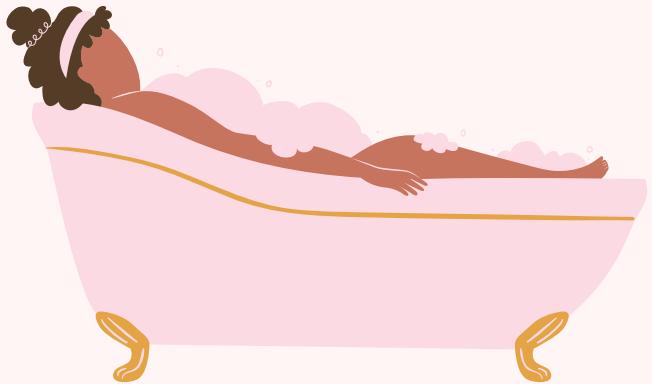
Weekly Self Care

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Self-Care List

Priorities

Happy Moments of the Week



Level Mood

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

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

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What was my overall mood like this month?	May
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How was I shown kindness this month?	Jul
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Was there anything that made me feel down?	Sep
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November 2023

Planner

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12	13	14	15	16	17	18
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26	27	28	29	30	01	02

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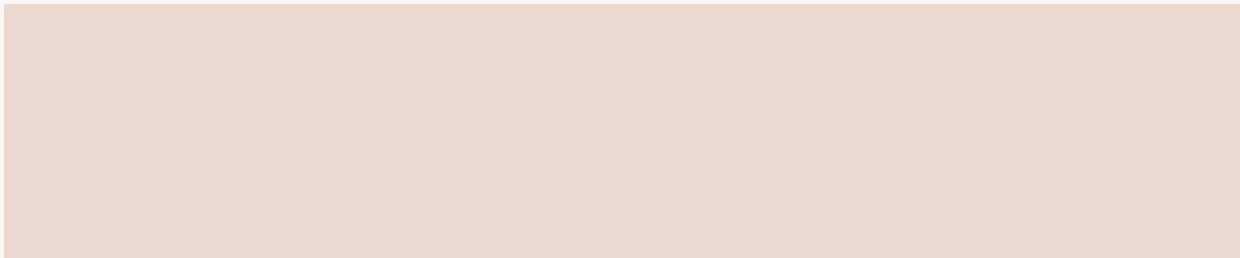
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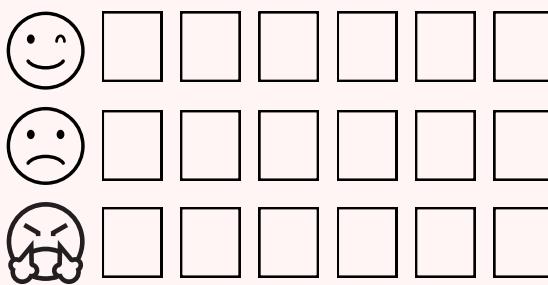
Self-Care List

Priorities

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 Self Care

Date:

Self-Care List

Priorities

Level Mood

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

Happy Moments of the Week



QUOTE :

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

Jan

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Nov

Dec



Weekly Planner

WEEK OF :

MONTH :

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTE :



Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



Weekly Self Care

Date:

Self-Care List

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Level Mood

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

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.

Jan

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Dec



Weekly Planner

WEEK OF :

MONTH :

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTE :



Jan

Feb

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Dec



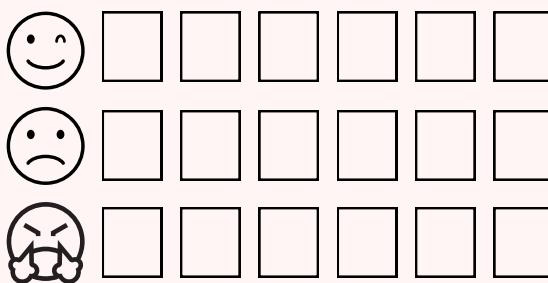
Weekly Self Care

Date:

Self-Care List

Priorities

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

Jan

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Dec

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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Dec

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

Jan

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Weekly Planner

WEEK OF :

MONTH :

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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Jan

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Weekly Self Care

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Happy Moments of the Week



QUOTE :

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

Jan

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Weekly Planner

WEEK OF :

MONTH :

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Weekly Self Care

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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

WEEK OF :

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THURSDAY

FRIDAY

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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

WEEK OF :

MONTH :

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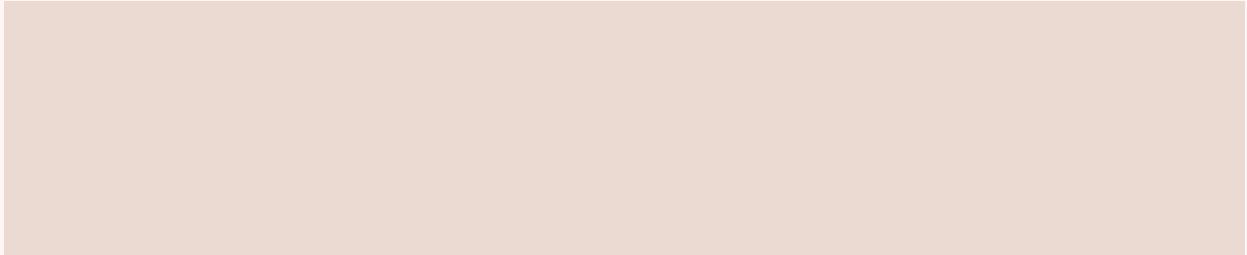
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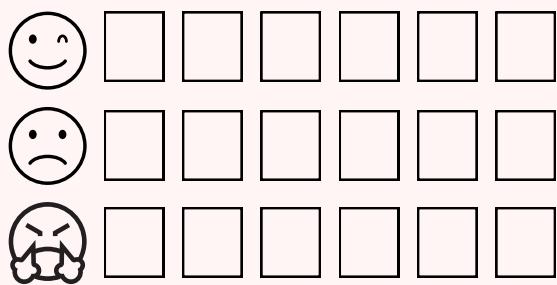
Self-Care List

Priorities

Happy Moments of the Week



Level Mood



QUOTE :

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

~ Maya Angelou

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