MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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				

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

### MONDAY

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#### **JANUARY 1**

MOOD:







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### TUESDAY

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#### **JANUARY 2**

MOOD:







TODO:

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### WEDNESDAY

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### **JANUARY 3**

MOOD:







TODO:

### THURSDAY

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### **JANUARY 4**

MOOD:







TODO:

NOTES:

THE SETBACKS ARE JUST REDIRECTING ME TO SOMETHING BIGGER AND BETTER.

### FRIDAY

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#### **JANUARY 5**

MOOD:







TODO:

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### SATURDAY

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### **JANUARY 6**

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#### TODO:

#### NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

### SUNDAY

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#### **JANUARY 7**

MOOD:







TODO:

NOTES:

I MAKE PEACE WITH MY PAST AND I AM READY TO RECEIVE THE GOOD THAT COMES MY WAY.

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### MONDAY

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#### **JANUARY 8**

MOOD:







TODO:

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### TUESDAY

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#### **JANUARY 9**

MOOD:







TODO:

NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

### WEDNESDAY

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### **JANUARY 10**

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#### TODO:

#### NOTES:

I FORGIVE MYSELF.

### THURSDAY

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### **JANUARY 11**

MOOD:







TODO:

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

### FRIDAY

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### **JANUARY 12**

MOOD:







TODO:

### SATURDAY

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### **JANUARY 13**

MOOD:







TODO:

NOTES:

I DESERVE TO BE HAPPY.

### SUNDAY

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### **JANUARY 14**

MOOD:







TODO:

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NOTES:

I AM ENOUGH.

### MONDAY

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#### **JANUARY 15**

MOOD:







TODO:

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### TUESDAY

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#### **JANUARY 16**







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### WEDNESDAY

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### **JANUARY 17**

MOOD:







TODO:

### THURSDAY

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### **JANUARY 18**







#### TODO:

#### NOTES:

I DESERVE SELF-CARE.

### FRIDAY

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#### **JANUARY 19**

MOOD:







TODO:

NOTES:

I WILL TRUST THE TIMING OF MY LIFE AND BE GRATEFUL FOR THE GOOD THAT IS TO COME.

### SATURDAY

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### **JANUARY 20**







#### TODO:

### SUNDAY

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### **JANUARY 21**

MOOD:







TODO:

NOTES:

I ATTRACT OPPORTUNITY.

### MONDAY

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### **JANUARY 22**

MOOD:







TODO:

NOTES:

I LOVE MY BODY.

### TUESDAY

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### **JANUARY 23**

MOOD:







TODO:

NOTES:

I AM DETERMINED TO SUCCEED.

### WEDNESDAY

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### **JANUARY 24**

MOOD:







TODO:

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NOTES:

I CHOOSE TO BE OPTIMISTIC.

### THURSDAY

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### **JANUARY 25**

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#### TODO:

### FRIDAY

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#### **JANUARY 26**

MOOD:







TODO:

NOTES:

I AM RESILIENT.

### SATURDAY

### **JANUARY 27**

MOOD:







TODO:

### SUNDAY

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#### **JANUARY 28**

MOOD:







TODO:

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### MONDAY

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### **JANUARY 29**

MOOD:







TODO:

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### TUESDAY

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### **JANUARY 30**

MOOD:







TODO:

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

### WEDNESDAY

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### **JANUARY 31**

MOOD:







TODO:

NOTES:

I AM ENOUGH.

### FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			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			

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

### THURSDAY

#### **FEBRUARY 1**

MOOD:







TODO:

NOTES:

I AM RESILIENT ENOUGH TO TAKE ON EVERY OBSTACLE THAT STANDS IN MY WAY.

### FRIDAY

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### **FEBRUARY 2**

MOOD:







TODO:

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NOTES:
I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

**FEBRUARY 3** 

MOOD:

TODO:

SATURDAY

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# SUNDAY

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### **FEBRUARY 4**

MOOD:







TODO:

NOTES:

I CHOOSE TO STEP OUTSIDE OF MY COMFORT ZONE AND DO THE UNTHINKABLE.

# MONDAY

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### **FEBRUARY 5**

MOOD:







TODO:

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NOTES:

I TRUST MYSELF, I TRUST MY INTUITION, I TRUST MY JUDGEMENT AND I WILL MAKE THE BEST CHOICES FOR ME.

# TUESDAY

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### **FEBRUARY 6**

MOOD:







TODO:

NOTES:

DONE IS BETTER THAN PERFECT.

# WEDNESDAY

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### **FEBRUARY 7**

### MOOD:







### TODO:

# THURSDAY

### 

### **FEBRUARY 8**

MOOD:







TODO:

NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

# R STICKER

# FRIDAY

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### **FEBRUARY 9**

MOOD:







TODO:

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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

# SATURDAY

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### **FEBRUARY 10**

MOOD:







TODO:

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# SUNDAY

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### **FEBRUARY 11**

MOOD:







TODO:

NOTES:

I HAVE THE COURAGE TO BE THE HAPPIEST, HEALTHIEST AND MOST SUCCESSFUL VERSION OF MYSELF.

# MONDAY

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### **FEBRUARY 12**

MOOD:







TODO:

# R STICKERS

# TUESDAY

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### **FEBRUARY 13**

MOOD:







TODO:

NOTES:

I AM A MONEY MAGNET.

# WEDNESDAY

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### **FEBRUARY 14**

MOOD:







TODO:

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

# THURSDAY

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### **FEBRUARY 15**

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### TODO:

# FRIDAY

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### **FEBRUARY 16**

MOOD:







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# SATURDAY

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### **FEBRUARY 17**

MOOD:







TODO:

NOTES:

ALL THAT I NEED COMES TO ME AT THE RIGHT TIME.

# SUNDAY

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### **FEBRUARY 18**

MOOD:







TODO:

# MONDAY

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### **FEBRUARY 19**

MOOD:







TODO:

### NOTES:

I AM TALENTED AND INTELLIGENT.

# TUESDAY

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### **FEBRUARY 20**

MOOD:







TODO:

NOTES:

MY POSSIBILITIES ARE ENDLESS.

# WEDNESDAY

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### **FEBRUARY 21**

MOOD:







TODO:

NOTES:

I AM DOING MY BEST.

# THURSDAY

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### **FEBRUARY 22**

### MOOD:







### TODO:

# FRIDAY

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### **FEBRUARY 23**

MOOD:







TODO:

NOTES:

I AM LOVED.

# SATURDAY

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### **FEBRUARY 24**

MOOD:







TODO:

NOTES:

I HAVE A PURPOSE.

# SUNDAY

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### **FEBRUARY 25**

MOOD:







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# MONDAY

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### **FEBRUARY 26**

MOOD:







TODO:

# TUESDAY

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### **FEBRUARY 27**

MOOD:







TODO:

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

# WEDNESDAY

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### **FEBRUARY 28**

MOOD:







TODO:

NOTES:

I AM GRATEFUL TO BE ALIVE.

# THURSDAY

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### **FEBRUARY 29**

MOOD:







TODO:

NOTES:

I TRUST MY INTUITION AND I ALWAYS MAKE WISE DECISIONS.

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				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

### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

# FRIDAY

### **MARCH 1**

MOOD:







TODO:

NOTES:

I AM MOTIVATED.

# SATURDAY

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### **MARCH 2**







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TODO:

MOOD:

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### **MARCH 4**

MOOD:







TODO:

NOTES:

THERE ARE NO LIMITS TO THE AMOUNT OF MONEY I CAN MAKE.

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### **MARCH 5**

MOOD:







TODO:

NOTES:

I AM CONFIDENT.

# WEDNESDAY

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### **MARCH 6**

### MOOD:







### TODO:

### NOTES:

I AM LIMITLESS.

# THURSDAY

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### **MARCH 7**

MOOD:







TODO:

# FRIDAY

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### TODO:

## SATURDAY

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## **MARCH 9**

#### MOOD:







#### TODO:

#### NOTES:

I AM IN CONTROL.

# SUNDAY

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## **MARCH 10**

MOOD:







TODO:

# MONDAY

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## **MARCH 11**

MOOD:







TODO:

## TUESDAY

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### **MARCH 12**

MOOD:







TODO:

#### NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

# WEDNESDAY

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## **MARCH 13**

MOOD:







TODO:

NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

## **MARCH 14**

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THURSDAY

MOOD:







TODO:

# FRIDAY

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## **MARCH 15**

MOOD:







TODO:

NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

## SATURDAY

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### **MARCH 16**

MOOD:







TODO:

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### **MARCH 17**

MOOD:







TODO:

## MONDAY

### **MARCH 18**

MOOD:







TODO:

NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

## TUESDAY

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### MARCH 19

MOOD:







TODO:

## WEDNESDAY

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- 21 22

### MARCH 20

MOOD:







TODO:

## THURSDAY

### **MARCH 21**

MOOD:







TODO:

NOTES:

I AM HEALTHY AND HAPPY.

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## **MARCH 22**







#### TODO:

#### NOTES:

I AM VALUABLE.

## SATURDAY

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### **MARCH 23**

#### MOOD:







#### TODO:

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## **MARCH 24**







#### TODO:

# R STICKERS

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## **MARCH 25**

MOOD:







TODO:

## TUESDAY

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### **MARCH 26**

MOOD:







TODO:

#### NOTES:

I AM CREATIVE AND I WILL CREATE THE BEST LIFE FOR ME.

# WEDNESDAY

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### **MARCH 27**

#### MOOD:







#### TODO:

## THURSDAY

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### **MARCH 28**

MOOD:







TODO:

NOTES:

I DON'T FAIL, I LEARN.

# FRIDAY

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## **MARCH 29**

MOOD:







TODO:

NOTES:

I WILL ACHIEVE THE GOALS I SET.

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### MARCH 30

#### MOOD:







#### TODO:

# R STICKERS

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## **MARCH 31**

MOOD:







TODO:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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15	16	17	18	19	20	21
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29	30					

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

# MONDAY

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### **APRIL 1**

MOOD:







TODO:

NOTES:

I AM KIND AND I AM PATIENT.

# TUESDAY

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## **APRIL 2**

MOOD:	







#### TODO:

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## **APRIL 3**

MOOD:







TODO:

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

## THURSDAY

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### **APRIL 4**

MOOD:







TODO:

NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

## FRIDAY

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### **APRIL 5**

MOOD:







TODO:

# R STICKERS

## SATURDAY

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### **APRIL 6**

#### MOOD:







#### TODO:

# SUNDAY

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### **APRIL 7**

MOOD:







TODO:

#### NOTES:

I ATTRACT THE LOVE I DESIRE.

# MONDAY

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## **APRIL 8**

MOOD:







TODO:

#### NOTES:

I HAVE THE POWER TO CREATE CHANGE.

## TUESDAY

## **APRIL 9**

MOOD:







TODO:

NOTES:

I CHOOSE WHAT I BECOME

## WEDNESDAY

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## **APRIL 10**

#### MOOD:







#### TODO:

# THURSDAY

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## **APRIL 11**

MOOD:







TODO:

NOTES:

I AM CAPABLE OF ACHIEVING ANYTHING I SET MY MIND TO.

## FRIDAY

## **APRIL 12**

MOOD:







TODO:

# SATURDAY

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## **APRIL 13**

### MOOD:







### TODO:

## NOTES:

THE SETBACKS ARE JUST REDIRECTING ME TO SOMETHING BIGGER AND BETTER.

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# **APRIL 14**

MOOD:







TODO:

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# **APRIL 15**

MOOD:







TODO:

NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

# TUESDAY

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# **APRIL 16**

MOOD:







TODO:

NOTES:

I MAKE PEACE WITH MY PAST AND I AM READY TO RECEIVE THE GOOD THAT COMES MY WAY.

# WEDNESDAY

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# **APRIL 17**

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# **APRIL 18**

MOOD:







TODO:

NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

# FRIDAY

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# **APRIL 19**

MOOD:







TODO:

NOTES:

I FORGIVE MYSELF.

# SATURDAY

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## **APRIL 20**

### MOOD:







### TODO:

## NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

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# **APRIL 21**

MOOD:







TODO:

NOTES:

I AM STRONG AND I AM POWERFUL.

# MONDAY

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# **APRIL 22**

MOOD:







TODO:

NOTES:

I DESERVE TO BE HAPPY.

# TUESDAY

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# **APRIL 23**

MOOD:







TODO:

NOTES:

I AM ENOUGH.

# WEDNESDAY

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## **APRIL 24**

### MOOD:







### TODO:

# THURSDAY

## **APRIL 25**

MOOD:







TODO:

NOTES:

I AM PROUD OF WHO I AM AND ALL THAT I HAVE AND WILL ACCOMPLISH.

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# **APRIL 26**

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# **APRIL 27**

### MOOD:







### TODO:

## NOTES:

#### I DESERVE SELF-CARE.

# SUNDAY

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# **APRIL 28**

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### TODO:

### NOTES:

I WILL TRUST THE TIMING OF MY LIFE AND BE GRATEFUL FOR THE GOOD THAT IS TO COME.

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# **APRIL 29**

MOOD:







TODO:

# TUESDAY

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# **APRIL 30**

MOOD:







TODO:

NOTES:

I ATTRACT OPPORTUNITY.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		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		

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

# WEDNESDAY

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# MAY 1

### MOOD:







### TODO:

## NOTES:

I LOVE MY BODY.

# THURSDAY

# MAY 2

MOOD:







TODO:

NOTES:

I AM DETERMINED TO SUCCEED.

# FRIDAY

# MAY 3

MOOD:







TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

# SATURDAY

# MAY 4

MOOD:







TODO:

NOTES:

I KNOW WHO I AM AND I KNOW WHAT I DESERVE.

# SUNDAY

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- 19 20

# MAY 5

MOOD:







TODO:

## NOTES:

I AM RESILIENT.

# MONDAY

# MAY 6

MOOD:







TODO:

NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

# TUESDAY

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# **MAY 7**

MOOD:







TODO:

## NOTES:

I ACCEPT THE GOOD THINGS THAT ARE COMING MY WAY.

# WEDNESDAY

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MOOD:







TODO:

NOTES:

I NO LONGER FEAR THE UNKNOWN.

# THURSDAY

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# MAY9

### MOOD:







### TODO:

## NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

# FRIDAY

# **MAY 10**

MOOD:







TODO:

NOTES:

I AM ENOUGH.

# SATURDAY

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## **MAY 11**

### MOOD:







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13   14   15   16   17   18   19   20   21   22   23   0   1   2	11	
14   15   16   17   18   19   20   21   22   23   0   1   2	12	
15 16 17 18 19 20 21 22 23 0 1	13	
16   17   18   19   20   21   22   23   0   1   2	14	
17   18   19   20   21   22   23   0   1   2	15	
18   19   20   21   22   23   0   1   2	16	
19       20       21       22       23       0       1       2	17	
20       21       22       23       0       1       2	18	
21       22       23       0       1       2	19	
<ul><li>22</li><li>23</li><li>0</li><li>1</li><li>2</li></ul>	20	
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# **MAY 12**

MOOD:







TODO:

# MONDAY

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## **MAY 13**

MOOD:







TODO:

### NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

# TUESDAY

## **MAY 14**

MOOD:







TODO:

NOTES:

I CHOOSE TO STEP OUTSIDE OF MY COMFORT ZONE AND DO THE UNTHINKABLE.

# WEDNESDAY

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## **MAY 15**

MOOD:







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NOTES:

I TRUST MYSELF, I TRUST MY INTUITION, I TRUST MY JUDGEMENT AND I WILL MAKE THE BEST CHOICES FOR ME.

# THURSDAY

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# **MAY 16**

## MOOD:







### TODO:

# FRIDAY

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# **MAY 17**

MOOD:







TODO:

## SATURDAY

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### **MAY 18**

### MOOD:







### TODO:

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### **MAY 19**

### MOOD:







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### **MAY 20**

MOOD:







TODO:

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### **MAY 21**

MOOD:
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### TODO:

### NOTES:

I HAVE THE COURAGE TO BE THE HAPPIEST, HEALTHIEST AND MOST SUCCESSFUL VERSION OF MYSELF.

## WEDNESDAY

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### **MAY 22**

### MOOD:







### TODO:

## THURSDAY

### **MAY 23**

MOOD:







TODO:

NOTES:

I AM A MONEY MAGNET.

### FRIDAY

### **MAY 24**

### MOOD:







### TODO:

### NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

## SATURDAY

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### **MAY 25**

### MOOD:







### TODO:

### NOTES:

TODAY I LET GO OF ANYTHING THAT DOESN'T ADD TO MY HAPPINESS AND GOALS.

## SUNDAY

- 22 23

### **MAY 26**

MOOD:







TODO:

## MONDAY

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### **MAY 27**

MOOD:







TODO:

NOTES:

ALL THAT I NEED COMES TO ME AT THE RIGHT TIME.

## TUESDAY

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### **MAY 28**

MOOD:







TODO:

NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

## WEDNESDAY

### **MAY 29**

MOOD:







TODO:

NOTES:

I AM TALENTED AND INTELLIGENT.

## THURSDAY

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### **MAY 30**

MOOD:







TODO:

## FRIDAY

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- 21 22

### **MAY 31**

MOOD:







TODO:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

## SATURDAY

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### **JUNE 1**

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### **JUNE 2**

MOOD:







TODO:

NOTES:

I AM LOVED.

## MONDAY

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### **JUNE 3**

MOOD:







TODO:

NOTES:

I HAVE A PURPOSE.

## TUESDAY

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17   18   19   20   21   22   23   0   1   2   3	15			
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### **JUNE 4**

MOOD:







TODO:

NOTES:

MY COURAGE AND STRENGTH ARE MORE POWERFUL THAN MY DOUBTS.

## WEDNESDAY

### **JUNE 5**

MOOD:







TODO:

NOTES:

MY GOALS ARE ATTAINABLE.

## THURSDAY

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### **JUNE 6**

### MOOD:







### TODO:

### NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

### FRIDAY

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### **JUNE 7**

MOOD:







TODO:

### NOTES:

I AM GRATEFUL TO BE ALIVE.

## SATURDAY

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### **JUNE 8**

### MOOD:







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### **JUNE 9**

MOOD:







TODO:

NOTES:

I AM MOTIVATED.

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### **JUNE 10**

MOOD:







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### **JUNE 11**

MOOD:







TODO:

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

## WEDNESDAY

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### **JUNE 12**

### MOOD:







### TODO:

### NOTES:

THERE ARE NO LIMITS TO THE AMOUNT OF MONEY I CAN MAKE.

## THURSDAY

### **JUNE 13**

MOOD:







TODO:

NOTES:

I AM CONFIDENT.

## FRIDAY

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### **JUNE 14**

MOOD:







TODO:

NOTES:

I AM LIMITLESS.

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### **JUNE 15**

MOOD:







TODO:

## SUNDAY

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### **JUNE 16**

MOOD:







TODO:

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### **JUNE 17**

MOOD:







TODO:

NOTES:

I AM IN CONTROL.

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### **JUNE 18**

MOOD:







TODO:

## WEDNESDAY

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**JUNE 19** 

### MOOD:







### TODO:

## THURSDAY

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### **JUNE 20**

### MOOD:







### TODO:

### NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

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### **JUNE 21**

MOOD:







TODO:

NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

## SATURDAY

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## **JUNE 22**

#### MOOD:







#### TODO:

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## **JUNE 23**

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## **JUNE 24**

MOOD:







TODO:

## TUESDAY

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## **JUNE 25**

MOOD:







TODO:

## WEDNESDAY

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## **JUNE 26**

MOOD:







TODO:

## **JUNE 27**

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THURSDAY

MOOD:







TODO:

## FRIDAY

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## **JUNE 28**

MOOD:







TODO:

#### NOTES:

I AM UNAFFECTED BY THE JUDGEMENT OF OTHERS.

## SATURDAY

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## **JUNE 29**

#### MOOD:







#### TODO:

#### NOTES:

I AM HEALTHY AND HAPPY.

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## **JUNE 30**

MOOD:







TODO:

NOTES:

I AM VALUABLE.



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1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

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## **JULY 1**

MOOD:







TODO:

NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

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## **JULY 2**

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#### TODO:

## WEDNESDAY

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## **JULY 3**

MOOD:







TODO:

## THURSDAY

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## **JULY 4**

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## **JULY 5**

## MOOD:







#### TODO:

## SATURDAY

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## **JULY 6**

MOOD:







TODO:

NOTES:

I DON'T FAIL, I LEARN.

## SUNDAY

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## **JULY 7**

MOOD:







TODO:

## MONDAY

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## **JULY 8**

MOOD:







TODO:

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## **JULY9**

MOOD:







TODO:

## WEDNESDAY

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## **JULY 10**

MOOD:







TODO:

NOTES:

I AM KIND AND I AM PATIENT.

## THURSDAY

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## **JULY 11**

MOOD:







TODO:

## FRIDAY

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## **JULY 12**

MOOD:







TODO:

## SATURDAY

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## **JULY 13**

MOOD:







TODO:

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## **JULY 14**

MOOD:







TODO:

NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

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## **JULY 15**

MOOD:







TODO:

## TUESDAY

## **JULY 16**

MOOD:







TODO:

NOTES:

I ATTRACT THE LOVE I DESIRE.

## WEDNESDAY

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## **JULY 17**

MOOD:







TODO:

#### NOTES:

I HAVE THE POWER TO CREATE CHANGE.

## THURSDAY

## **JULY 18**

MOOD:







TODO:

NOTES:

I CHOOSE WHAT I BECOME

## FRIDAY

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## **JULY 19**

#### MOOD:







#### TODO:

## SATURDAY

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## **JULY 20**

#### MOOD:







#### TODO:

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## **JULY 21**

MOOD:







TODO:

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## **JULY 22**

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TODO:

THE SETBACKS ARE JUST REDIRECTING ME TO SOMETHING BIGGER AND BETTER.

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## **JULY 23**

MOOD:







TODO:

NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE NEGATIVITY.

## WEDNESDAY

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## **JULY 24**

#### MOOD:







#### TODO:

## NOTES:

## I MAKE PEACE WITH WHAT I CAN'T CONTROL.

## THURSDAY

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## **JULY 25**

MOOD:







TODO:

#### NOTES:

I MAKE PEACE WITH MY PAST AND I AM READY TO RECEIVE THE GOOD THAT COMES MY WAY.

## FRIDAY

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## **JULY 26**

MOOD:







TODO:

# SATURDAY

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#### **JULY 27**

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#### **JULY 28**

MOOD:







TODO:

NOTES:

I FORGIVE MYSELF.

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#### **JULY 29**

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#### TODO:

## TUESDAY

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#### **JULY 30**

MOOD:







TODO:

NOTES:

I AM STRONG AND I AM POWERFUL.

#### I DESERVE TO BE HAPPY.

# WEDNESDAY

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#### MOOD:

**JULY 31** 







#### TODO:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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19	20	21	22	23	24	25
26	27	28	29	30	31	

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

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## THURSDAY

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#### **AUGUST 1**

MOOD:







TODO:

#### NOTES:

I AM ENOUGH.

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#### **AUGUST 2**

MOOD:







TODO:

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#### **AUGUST 3**

MOOD:







TODO:

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#### **AUGUST 4**

MOOD:







TODO:

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#### **AUGUST 5**

MOOD:







TODO:

#### NOTES:

I DESERVE SELF-CARE.

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20       21       22       23       0       1       2	18	
21       22       23       0       1       2	19	
<ul><li>22</li><li>23</li><li>0</li><li>1</li><li>2</li></ul>	20	
<ul><li>23</li><li>0</li><li>1</li><li>2</li></ul>	21	
0       1       2	22	
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#### **AUGUST 6**

MOOD:







TODO:

NOTES:

I WILL TRUST THE TIMING OF MY LIFE AND BE GRATEFUL FOR THE GOOD THAT IS TO COME.

# WEDNESDAY

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#### **AUGUST 7**

MOOD:







TODO:

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# THURSDAY

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#### **AUGUST 8**

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#### TODO:

#### NOTES:

I ATTRACT OPPORTUNITY.

## FRIDAY

#### **AUGUST 9**

MOOD:







TODO:

NOTES:

I LOVE MY BODY.

# SATURDAY

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#### **AUGUST 10**

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#### TODO:

#### NOTES:

I AM DETERMINED TO SUCCEED.

# SUNDAY

#### **AUGUST 11**

MOOD:







TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

## MONDAY

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7			

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#### **AUGUST 12**

MOOD:







TODO:

# TUESDAY

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#### **AUGUST 13**

MOOD:







TODO:

NOTES:

I AM RESILIENT.

# WEDNESDAY

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#### **AUGUST 14**

MOOD:







TODO:

## THURSDAY

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#### **AUGUST 15**

MOOD:







TODO:

# FRIDAY

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#### **AUGUST 16**

MOOD:







TODO:

## SATURDAY

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#### **AUGUST 17**

#### MOOD:







#### TODO:

#### NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

# SUNDAY

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#### **AUGUST 18**

MOOD:







TODO:

NOTES:

I AM ENOUGH.

# MONDAY

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#### **AUGUST 19**

MOOD:







TODO:

NOTES:

I AM RESILIENT ENOUGH TO TAKE ON EVERY OBSTACLE THAT STANDS IN MY WAY.

# TUESDAY

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#### **AUGUST 20**

MOOD:







TODO:

## WEDNESDAY

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#### **AUGUST 21**

MOOD:







TODO:

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

# THURSDAY

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#### **AUGUST 22**

MOOD:







TODO:

NOTES:

I CHOOSE TO STEP OUTSIDE OF MY COMFORT ZONE AND DO THE UNTHINKABLE.

## FRIDAY

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#### **AUGUST 23**

MOOD:







TODO:

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NOTES:

I TRUST MYSELF, I TRUST MY INTUITION, I TRUST MY JUDGEMENT AND I WILL MAKE THE BEST CHOICES FOR ME.

# SATURDAY

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#### **AUGUST 24**

MOOD:







TODO:

NOTES:

DONE IS BETTER THAN PERFECT.

# SUNDAY

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#### **AUGUST 25**

MOOD:







TODO:

# MONDAY

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#### **AUGUST 26**

MOOD:







TODO:

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# TUESDAY

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#### **AUGUST 27**

MOOD:







TODO:

## WEDNESDAY

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#### **AUGUST 28**

#### MOOD:







#### TODO:

# THURSDAY

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#### **AUGUST 29**

MOOD:







TODO:

NOTES:

I HAVE THE COURAGE TO BE THE HAPPIEST, HEALTHIEST AND MOST SUCCESSFUL VERSION OF MYSELF.

## FRIDAY

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#### **AUGUST 30**

MOOD:







TODO:

## SATURDAY

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## **AUGUST 31**

#### MOOD:







#### TODO:

#### NOTES:

I AM A MONEY MAGNET.

# SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

# SUNDAY

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## **SEPTEMBER 1**

MOOD:







TODO:

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

## MONDAY

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#### **SEPTEMBER 2**

MOOD:







TODO:

NOTES:

TODAY I LET GO OF ANYTHING THAT DOESN'T ADD TO MY HAPPINESS AND GOALS.

# TUESDAY

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## **SEPTEMBER 3**







#### TODO:

# WEDNESDAY

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## **SEPTEMBER 4**

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#### TODO:

# THURSDAY

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#### **SEPTEMBER 5**

#### MOOD:







#### TODO:

# FRIDAY

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## **SEPTEMBER 6**

MOOD:







TODO:

NOTES:

I AM TALENTED AND INTELLIGENT.

# SATURDAY

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#### **SEPTEMBER 7**

MOOD:







TODO:

# SUNDAY

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## **SEPTEMBER 8**

MOOD:







TODO:

NOTES:

I AM DOING MY BEST.

## MONDAY

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## **SEPTEMBER 9**

MOOD:







TODO:

# TUESDAY

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## **SEPTEMBER 10**

MOOD:







TODO:

NOTES:

I AM LOVED.

# WEDNESDAY

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#### **SEPTEMBER 11**

MOOD:







TODO:

NOTES:

I HAVE A PURPOSE.

## THURSDAY

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#### **SEPTEMBER 12**

MOOD:







TODO:

NOTES:

MY COURAGE AND STRENGTH ARE MORE POWERFUL THAN MY DOUBTS.

# FRIDAY

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## **SEPTEMBER 13**

MOOD:







TODO:

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NOTES:

MY GOALS ARE ATTAINABLE.

## SATURDAY

6			

#### **SEPTEMBER 14**

MOOD:







TODO:

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

# SUNDAY

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## **SEPTEMBER 15**

MOOD:







TODO:

## MONDAY

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## **SEPTEMBER 16**

MOOD:







TODO:

NOTES:

I TRUST MY INTUITION AND I ALWAYS MAKE WISE DECISIONS.

# TUESDAY

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## **SEPTEMBER 17**

MOOD:







TODO:

NOTES:

I AM MOTIVATED.

# WEDNESDAY

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#### **SEPTEMBER 18**

MOOD:







TODO:

# THURSDAY

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## **SEPTEMBER 19**

MOOD:







TODO:

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

## FRIDAY

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#### **SEPTEMBER 20**

MOOD:







TODO:

NOTES:

THERE ARE NO LIMITS TO THE AMOUNT OF MONEY I CAN MAKE.

## SATURDAY

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#### **SEPTEMBER 21**

MOOD:







TODO:

NOTES:

I AM CONFIDENT.

# SUNDAY

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## **SEPTEMBER 22**

MOOD:







TODO:

NOTES:

I AM LIMITLESS.

## MONDAY

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## **SEPTEMBER 23**

MOOD:







TODO:

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## TUESDAY

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#### **SEPTEMBER 24**

MOOD:







TODO:

# WEDNESDAY

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## **SEPTEMBER 25**

MOOD:







TODO:

NOTES:

I AM IN CONTROL.

# THURSDAY

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#### **SEPTEMBER 26**

MOOD:







TODO:

#### NOTES:

I AM PROUD OF WHO I AM.

# FRIDAY

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## **SEPTEMBER 27**

MOOD:







TODO:

## SATURDAY

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#### **SEPTEMBER 28**

#### MOOD:







#### TODO:

# SUNDAY

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## **SEPTEMBER 29**

MOOD:







TODO:

NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

## MONDAY

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## **SEPTEMBER 30**

MOOD:







TODO:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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			

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

# TUESDAY

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## **OCTOBER 1**

MOOD:







TODO:

NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

# WEDNESDAY

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## **OCTOBER 2**

MOOD:







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## THURSDAY

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#### **OCTOBER 3**

MOOD:







TODO:

#### NOTES:

I AM STRONGER THAN MY EXCUSES.

## FRIDAY

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#### **OCTOBER 4**

MOOD:







TODO:

### SATURDAY

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#### **OCTOBER 5**

MOOD:







TODO:

## SUNDAY

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#### **OCTOBER 6**

MOOD:







TODO:

NOTES:

I AM UNAFFECTED BY THE JUDGEMENT OF OTHERS.

## MONDAY

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#### **OCTOBER 7**

#### MOOD:







#### TODO:

## TUESDAY

#### **OCTOBER 8**

MOOD:







TODO:

NOTES:

I AM VALUABLE.

### WEDNESDAY

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#### **OCTOBER 9**

#### MOOD:







#### TODO:

#### NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

## THURSDAY

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#### **OCTOBER 10**

MOOD:







TODO:

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#### **OCTOBER 11**

MOOD:







TODO:

## SATURDAY

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#### **OCTOBER 12**







#### TODO:

## SUNDAY

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#### **OCTOBER 13**

MOOD:







TODO:

## MONDAY

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#### **OCTOBER 14**

MOOD:







TODO:

NOTES:

I DON'T FAIL, I LEARN.

## TUESDAY

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#### **OCTOBER 15**

MOOD:







TODO:

NOTES:

I WILL ACHIEVE THE GOALS I SET.

## WEDNESDAY

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#### **OCTOBER 16**

MOOD:







TODO:

NOTES:

I TAKE ACTION TOWARDS MY GOALS EVERYDAY.

### THURSDAY

#### **OCTOBER 17**

MOOD:







TODO:

NOTES:

I AM WORTHY OF MY GOALS AND DREAMS.

## FRIDAY

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#### **OCTOBER 18**

MOOD:







TODO:

NOTES:

I AM KIND AND I AM PATIENT.

### SATURDAY

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#### **OCTOBER 19**

#### MOOD:







#### TODO:

#### NOTES:

#### I AM MANIFESTING MY DREAM LIFE.

## SUNDAY

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#### **OCTOBER 20**

MOOD:







TODO:

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

## MONDAY

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#### **OCTOBER 21**







#### TODO:

## TUESDAY

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#### **OCTOBER 22**

MOOD:







TODO:

## STROMER STICKER

## WEDNESDAY

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#### **OCTOBER 23**

MOOD:







TODO:

## THURSDAY

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#### **OCTOBER 24**

MOOD:







TODO:

NOTES:

I ATTRACT THE LOVE I DESIRE.

### FRIDAY

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#### **OCTOBER 25**

MOOD:







TODO:

## R STICKERS

## SATURDAY

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#### **OCTOBER 26**

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#### TODO:

## SUNDAY

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#### **OCTOBER 27**

MOOD:







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## MONDAY

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#### **OCTOBER 28**

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#### TODO:

## TUESDAY

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#### **OCTOBER 29**

MOOD:







TODO:

### WEDNESDAY

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#### **OCTOBER 30**

MOOD:







TODO:

### THURSDAY

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#### **OCTOBER 31**

MOOD:







TODO:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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	

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

## FRIDAY

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#### **NOVEMBER 1**

MOOD:







TODO:

NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

## SATURDAY

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#### **NOVEMBER 2**

MOOD:







TODO:

NOTES:

I MAKE PEACE WITH MY PAST AND I AM READY TO RECEIVE THE GOOD THAT COMES MY WAY.

## SUNDAY

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#### **NOVEMBER 3**

MOOD:







TODO:

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## MONDAY

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#### **NOVEMBER 4**

MOOD:







TODO:

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## TUESDAY

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#### **NOVEMBER 5**

MOOD:







TODO:

NOTES:

I FORGIVE MYSELF.

### WEDNESDAY

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#### **NOVEMBER 6**

MOOD:







TODO:

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

## R STICKERS

## THURSDAY

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#### **NOVEMBER 7**

MOOD:







TODO:

## FRIDAY

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## **NOVEMBER 8**

MOOD:







TODO:

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NOTES:

I DESERVE TO BE HAPPY.

## SATURDAY

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## **NOVEMBER 9**

MOOD:







TODO:

NOTES:

I AM ENOUGH.

## SUNDAY

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## **NOVEMBER 10**

MOOD:







TODO:

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## MONDAY

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## **NOVEMBER 11**

MOOD:







TODO:

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## TUESDAY

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## **NOVEMBER 12**

MOOD:







TODO:

## WEDNESDAY

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## **NOVEMBER 13**

MOOD:







TODO:

NOTES:

I DESERVE SELF-CARE.

## THURSDAY

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## **NOVEMBER 14**

MOOD:







TODO:

NOTES:

I WILL TRUST THE TIMING OF MY LIFE AND BE GRATEFUL FOR THE GOOD THAT IS TO COME.

## FRIDAY

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## **NOVEMBER 15**

MOOD:







TODO:

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## SATURDAY

## **NOVEMBER 16**

MOOD:







TODO:

NOTES:

I ATTRACT OPPORTUNITY.

## SUNDAY

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## **NOVEMBER 17**

MOOD:







TODO:

NOTES:

I LOVE MY BODY.

## MONDAY

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## **NOVEMBER 18**

MOOD:







TODO:

## TUESDAY

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## **NOVEMBER 19**

MOOD:







TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

## WEDNESDAY

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## **NOVEMBER 20**

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## THURSDAY

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## **NOVEMBER 21**

MOOD:







TODO:

NOTES:

I AM RESILIENT.

## FRIDAY

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## **NOVEMBER 22**

MOOD:







TODO:

## SATURDAY

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## **NOVEMBER 23**

MOOD:







TODO:

NOTES:

I ACCEPT THE GOOD THINGS THAT ARE COMING MY WAY.

## SUNDAY NOVEMBER 24

MOOD:







TODO:

NOTES:

I NO LONGER FEAR THE UNKNOWN.

# N STICKERS

## MONDAY

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## **NOVEMBER 25**

MOOD:







TODO:

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

## TUESDAY

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## **NOVEMBER 26**

MOOD:







TODO:

NOTES:

I AM ENOUGH.

## WEDNESDAY

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## **NOVEMBER 27**

#### MOOD:







#### TODO:

## THURSDAY

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## **NOVEMBER 28**

MOOD:







TODO:

## FRIDAY

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7			

- 21 22

## **NOVEMBER 29**

MOOD:







TODO:

#### NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

## SATURDAY

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#### **NOVEMBER 30**

#### MOOD:







#### TODO:

#### NOTES:

I CHOOSE TO STEP OUTSIDE OF MY COMFORT ZONE AND DO THE UNTHINKABLE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

#### GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

#### REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

## SUNDAY

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## **DECEMBER 1**

MOOD:







TODO:

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NOTES:

I TRUST MYSELF, I TRUST MY INTUITION, I TRUST MY JUDGEMENT AND I WILL MAKE THE BEST CHOICES FOR ME.

## MONDAY

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## **DECEMBER 2**

MOOD:







TODO:

NOTES:

DONE IS BETTER THAN PERFECT.

## TUESDAY

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## **DECEMBER 3**







#### TODO:

## WEDNESDAY

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## **DECEMBER 4**

#### MOOD:







#### TODO:

## THURSDAY

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## **DECEMBER 5**

MOOD:







TODO:

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## FRIDAY

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## **DECEMBER 6**

MOOD:







TODO:

## SATURDAY

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## **DECEMBER 7**

MOOD:







TODO:

NOTES:

I HAVE THE COURAGE TO BE THE HAPPIEST, HEALTHIEST AND MOST SUCCESSFUL VERSION OF MYSELF.

## SUNDAY

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## **DECEMBER 8**

MOOD:







TODO:

## MONDAY

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## **DECEMBER 9**

MOOD:







TODO:

NOTES:

I AM A MONEY MAGNET.

## TUESDAY

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## **DECEMBER 10**

MOOD:







TODO:

#### NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

## WEDNESDAY

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## **DECEMBER 11**

MOOD:







TODO:

NOTES:

TODAY I LET GO OF ANYTHING THAT DOESN'T ADD TO MY HAPPINESS AND GOALS.

## THURSDAY

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## **DECEMBER 12**

MOOD:







TODO:

## FRIDAY

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#### **DECEMBER 13**

MOOD:







TODO:

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NOTES:

ALL THAT I NEED COMES TO ME AT THE RIGHT TIME.

### **DECEMBER 14**

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SATURDAY

MOOD:	0







TODO:

NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

## SUNDAY

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#### **DECEMBER 15**

#### MOOD:







#### TODO:

## MONDAY

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#### **DECEMBER 16**

MOOD:







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TUESDAY

**DECEMBER 17** 

#### MOOD:







TODO:

NOTES:

I AM DOING MY BEST.

### WEDNESDAY

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#### **DECEMBER 18**

MOOD:







TODO:

## THURSDAY

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#### **DECEMBER 19**







#### TODO:

#### NOTES:

I AM LOVED.

### FRIDAY

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#### **DECEMBER 20**

MOOD:







TODO:

NOTES:

I HAVE A PURPOSE.

### SATURDAY

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#### **DECEMBER 21**

#### MOOD:







#### TODO:

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#### **DECEMBER 22**

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#### **DECEMBER 23**

MOOD:







TODO:

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

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#### **DECEMBER 24**

MOOD:







TODO:

NOTES:

I AM GRATEFUL TO BE ALIVE.

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#### **DECEMBER 25**

MOOD:







TODO:

NOTES:

I TRUST MY INTUITION AND I ALWAYS MAKE WISE DECISIONS.

### THURSDAY DECEMBER 26

NOTES:

I AM MOTIVATED.

## FRIDAY

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#### **DECEMBER 27**

MOOD:







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#### **DECEMBER 28**







#### TODO:

#### NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

## SUNDAY DECEMBER 29

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#### **DECEMBER 30**

MOOD:







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NOTES:

I AM CONFIDENT.

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#### **DECEMBER 31**

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SEPTEMBER

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