

2024

JANUARY

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?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

SPENT:

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

EARNED:

MONDAY

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JANUARY 1



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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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JANUARY 2

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NOTES:

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

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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JANUARY 3



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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

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JANUARY 4

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NOTES:

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

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

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JANUARY 5



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NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

SATURDAY

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JANUARY 6

MOOD:



- NOTES:

NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

STICKERS

SUNDAY

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JANUARY 7

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NOTES:

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

MONDAY

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JANUARY 8



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NOTES:

I AM THANKFUL FOR ALL I HAVE AND ALL I
WILL ACCOMPLISH.

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JANUARY 9

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NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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JANUARY 10



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NOTES:

I FORGIVE MYSELF.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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JANUARY 11

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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

FRIDAY

JANUARY 12

MOOD:



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NOTES:

I AM STRONG AND I AM POWERFUL.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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JANUARY 13



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NOTES:

I DESERVE TO BE HAPPY.

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JANUARY 14

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NOTES:

I AM ENOUGH.

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JANUARY 15

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NOTES:

I AM BRAVE AND I WILL GO AFTER WHAT
MAKES ME HAPPY.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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THURSDAY

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JANUARY 18

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NOTES:

I DESERVE SELF-CARE.

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JANUARY 19

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NOTES:

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

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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SUNDAY

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JANUARY 21

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NOTES:

I ATTRACT OPPORTUNITY.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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MONDAY

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JANUARY 22



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NOTES:

I LOVE MY BODY.

TUESDAY

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JANUARY 23

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NOTES:

I AM DETERMINED TO SUCCEED.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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JANUARY 24

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NOTES:

I CHOOSE TO BE OPTIMISTIC.

THURSDAY

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JANUARY 25

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NOTES:

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

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

JANUARY 26

MOOD:



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NOTES:

I AM RESILIENT.

JANUARY

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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JANUARY 27



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NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JANUARY 28



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NOTES:

I ACCEPT THE GOOD THINGS THAT ARE
COMING MY WAY.

FEBRUARY

APRIL

MAY

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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JANUARY 29



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NOTES:

I NO LONGER FEAR THE UNKNOWN.

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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JANUARY 30

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NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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JANUARY 31



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NOTES:

I AM ENOUGH.

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

FRIDAY

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FEBRUARY 2



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NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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FEBRUARY 3



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NOTES:

I CHOOSE TO BE FEARLESS TODAY AND
EVERYDAY.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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FEBRUARY 4

MOOD:



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NOTES:

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

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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FEBRUARY 5

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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.

WEDNESDAY

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FEBRUARY 7

MOOD:

TODO:

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

FRIDAY

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FEBRUARY 9

MOOD:



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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES
ABOUT MYSELF.

STICKERS

SATURDAY

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FEBRUARY 10



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NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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SUNDAY

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FEBRUARY 11



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NOTES:

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

STICKERS

MONDAY

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FEBRUARY 12



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NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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FEBRUARY 14

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NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

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FEBRUARY 16

MOOD:



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NOTES:

I AM ALLOWED TO SAY NO TO OTHERS
AND YES TO MYSELF.

SATURDAY

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FEBRUARY 17

MOOD:



TODO:

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NOTES:

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

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FEBRUARY 18



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NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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FEBRUARY 19



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NOTES:

I AM TALENTED AND INTELLIGENT.

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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FEBRUARY 21

MOOD:



TODO:

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NOTES:

I AM DOING MY BEST.

FRIDAY

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FEBRUARY 23



TODO:

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NOTES:

I AM LOVED.

SATURDAY

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FEBRUARY 24



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NOTES:

I HAVE A PURPOSE.

SUNDAY

FEBRUARY 25

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MOOD:



TODO:

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NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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FEBRUARY 26



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NOTES:

MY GOALS ARE ATTAINABLE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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FEBRUARY 27

MOOD:



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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

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FEBRUARY 28

MOOD:

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TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

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?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

FRIDAY

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MARCH 1



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NOTES:

I AM MOTIVATED.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

7

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MARCH 2

MOOD:



TODO:

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NOTES:

MY GRATEFUL HEART IS A MAGNET THAT
ATTRACTS EVERYTHING I DESIRE.

STICKERS

MONDAY

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MARCH 4

MOOD: 😊 😐 😞

TODO:

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NOTES:

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

WEDNESDAY

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MARCH 6

MOOD:



TODO:

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NOTES:

I AM LIMITLESS.

FRIDAY

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MARCH 8



TODO:

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NOTES:

TODAY I HAVE THE POWER TO
ACCOMPLISH EVERYTHING I NEED TO DO.

SUNDAY

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MARCH 10

MOOD:



TODO:

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NOTES:

I AM PROUD OF WHO I AM.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

WEDNESDAY

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MARCH 13



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NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

THURSDAY

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MARCH 14

MOOD:



TODO:

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NOTES:

EVERYDAY I AM BECOMING WEALTHIER.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

FRIDAY

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MARCH 15

MOOD:



TODO:

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NOTES:

I AM IN ALIGNMENT WITH MY SOUL
PURPOSE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

6

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MARCH 16

MOOD:

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TODO:

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NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

SUNDAY

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MARCH 17

MOOD:



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NOTES:

I AM STRONGER THAN MY EXCUSES.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

TUESDAY

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MARCH 19

MOOD:   

TODO:

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NOTES:

I BELIEVE IN THE WOMAN I AM BECOMING.

WEDNESDAY

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MARCH 20



TODO:

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NOTES:

I AM UNAFFECTED BY THE JUDGEMENT
OF OTHERS.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

6

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MARCH 21

MOOD:

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TODO:

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NOTES:

I AM HEALTHY AND HAPPY.

FRIDAY

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MARCH 22

MOOD:



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NOTES:

I AM VALUABLE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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MARCH 23



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NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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MARCH 24

MOOD:



TODO:

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NOTES:

I AM READY TO MANIFEST ABUNDANCE.

STICKERS

MONDAY

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MARCH 25



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NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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MARCH 27



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NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

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MARCH 29



TODO:

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NOTES:

I WILL ACHIEVE THE GOALS I SET.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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MARCH 30



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NOTES:

I TAKE ACTION TOWARDS MY GOALS
EVERYDAY.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

APRIL

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					

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

SPENT:

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

EARNED:

MONDAY

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APRIL 1

MOOD:



TODO:

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NOTES:

I AM KIND AND I AM PATIENT.

STICKERS

TUESDAY

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APRIL 2

MOOD:



TODO:

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NOTES:

I AM MANIFESTING MY DREAM LIFE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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APRIL 3

MOOD:

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TODO:

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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

SUNDAY

APRIL 7

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MOOD:



TODO:

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NOTES:

I ATTRACT THE LOVE I DESIRE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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APRIL 8



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NOTES:

I HAVE THE POWER TO CREATE CHANGE.

TUESDAY

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APRIL 9

MOOD:



TODO:

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NOTES:

I CHOOSE WHAT I BECOME

WEDNESDAY

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APRIL 10

MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

STICKERS

FRIDAY

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APRIL 12



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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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APRIL 13



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NOTES:

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

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

APRIL 14

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MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

6

7

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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

MOOD:

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TODO:

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NOTES:

I AM THANKFUL FOR ALL I HAVE AND ALL I WILL ACCOMPLISH.

FRIDAY

APRIL 19

MOOD:



TODO:

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NOTES:

I FORGIVE MYSELF.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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APRIL 20



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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

SUNDAY

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APRIL 21



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NOTES:

I AM STRONG AND I AM POWERFUL.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

6

7

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APRIL 22

MOOD:

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TODO:

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NOTES:

I DESERVE TO BE HAPPY.

TUESDAY

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APRIL 23



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NOTES:

I AM ENOUGH.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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APRIL 24

MOOD:



TODO:

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NOTES:

I AM BRAVE AND I WILL GO AFTER WHAT
MAKES ME HAPPY.

SATURDAY

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APRIL 27



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NOTES:

I DESERVE SELF-CARE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

APRIL 28

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MOOD:



TODO:

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NOTES:

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

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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APRIL 29

MOOD:



TODO:

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NOTES:

I AM BEAUTIFUL AND I LOVE ALL ASPECTS OF ME AND WHO I AM.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MAY

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?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

SPENT:

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

EARNED:

WEDNESDAY

MAY 1

MOOD:



TODO:

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NOTES:

I LOVE MY BODY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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MAY 2

MOOD:

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TODO:

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NOTES:

I AM DETERMINED TO SUCCEED.

FRIDAY

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MAY 3

MOOD:



TODO:

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NOTES:

I CHOOSE TO BE OPTIMISTIC.

STICKERS

TUESDAY

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MAY 7

MOOD:



TODO:

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NOTES:

I ACCEPT THE GOOD THINGS THAT ARE
COMING MY WAY.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

MAY 8

MOOD:



TODO:

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NOTES:

I NO LONGER FEAR THE UNKNOWN.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

FRIDAY

MAY 10

MOOD:



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NOTES:

I AM ENOUGH.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

MAY 12

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NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

MONDAY

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TUESDAY

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MAY 14

MOOD:



TODO:

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NOTES:

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

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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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.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

6

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MAY 16

MOOD:



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NOTES:

DONE IS BETTER THAN PERFECT.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

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MAY 17

MOOD:

TODO:

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

SATURDAY

MAY 18

MOOD:



TODO:

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NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

MAY 19

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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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MAY 20

MOOD:

TODO:

NOTES:

TODAY I CHOOSE TO MAKE MYSELF HAPPY.

WEDNESDAY

MAY 22

MOOD:



TODO:

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NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

MAY 23

MOOD:



TODO:

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NOTES:

I AM A MONEY MAGNET.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

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MAY 24

MOOD:



TODO:

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NOTES:

I HAVE THE POWER TO CREATE THE LIFE I
DESIRE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

MAY 25

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NOTES:

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

JANUARY

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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MOOD:



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NOTES:

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

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

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STICKERS

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

SATURDAY

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JUNE 1



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NOTES:

I BELIEVE IN MY ABILITY TO GO AFTER MY DREAMS AND SUCCEED.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JUNE 2

MOOD:



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NOTES:

I AM LOVED.

STICKER:

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JUNE 3



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NOTES:

I HAVE A PURPOSE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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MOOD:



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NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

STICKERS

WEDNESDAY

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JUNE 5

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NOTES:

MY GOALS ARE ATTAINABLE.

THURSDAY

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JUNE 6

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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

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JUNE 7

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NOTES:

I AM GRATEFUL TO BE ALIVE.

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JUNE 8

MOOD:



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NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

STICKERS

SUNDAY

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JUNE 9

MOOD:



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NOTES:

I AM MOTIVATED.

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JUNE 10



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NOTES:

MY GRATEFUL HEART IS A MAGNET THAT
ATTRACTS EVERYTHING I DESIRE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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TUESDAY

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JUNE 11

MOOD:



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NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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JUNE 12

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NOTES:

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

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

JUNE 14

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NOTES:

I AM LIMITLESS.

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JUNE 15



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NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

JUNE 16

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MOOD:



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NOTES:

TODAY I HAVE THE POWER TO
ACCOMPLISH EVERYTHING I NEED TO DO.

JANUARY

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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I AM IN CONTROL.

WEDNESDAY

JUNE 19

MOOD:



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NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

JANUARY

FEBRUARY

MARCH

APRIL

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JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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JUNE 20

MOOD:



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NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

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JUNE 21

MOOD:



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NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

STICKERS

SATURDAY

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JUNE 22



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NOTES:

EVERYDAY I AM BECOMING WEALTHIER.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JUNE 23

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NOTES:

I AM IN ALIGNMENT WITH MY SOUL
PURPOSE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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MONDAY

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JUNE 24

MOOD:



TODO:

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NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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JUNE 25

MOOD:



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NOTES:

I AM STRONGER THAN MY EXCUSES.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

JUNE 26

MOOD:



TODO:

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NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

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JUNE 28



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NOTES:

I AM UNAFFECTED BY THE JUDGEMENT
OF OTHERS.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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JUNE 29



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NOTES:

I AM HEALTHY AND HAPPY.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

JULY

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?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

SPENT:

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

EARNED:

MONDAY

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JULY 1

MOOD:



TODO:

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NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

STICKERS

WEDNESDAY

JULY 3

MOOD:



TODO:

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NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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JULY 4

MOOD: 😊 😐 😞

TODO:

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NOTES:

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

FRIDAY

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JULY 5

MOOD:



TODO:

- [illegible]

NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

STICKERS

SATURDAY

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JULY 6



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NOTES:

I DON'T FAIL, I LEARN.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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JULY 8

MOOD:



TODO:

- [illegible]

NOTES:

I TAKE ACTION TOWARDS MY GOALS
EVERYDAY.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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JULY 9

MOOD:



TODO:

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NOTES:

I AM WORTHY OF MY GOALS AND DREAMS.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

JULY 10

MOOD:



TODO:

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NOTES:

I AM KIND AND I AM PATIENT.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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THURSDAY

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JULY 11

MOOD:



TODO:

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NOTES:

I AM MANIFESTING MY DREAM LIFE.

FRIDAY

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JULY 12



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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

JULY 13

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MOOD:



TODO:

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NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JULY 14



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I HAVE IMPORTANT IDEAS AND MY IDEAS
MATTER.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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17

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21

23

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TUESDAY

6

7

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JULY 16

MOOD:



TODO:

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NOTES:

I ATTRACT THE LOVE I DESIRE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

WEDNESDAY

JULY 17

MOOD:



TODO:

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NOTES:

I HAVE THE POWER TO CREATE CHANGE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

THURSDAY

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JULY 18

MOOD:



TODO:

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NOTES:

I CHOOSE WHAT I BECOME

FRIDAY

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SATURDAY

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JULY 20



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NOTES:

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

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

6

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JULY 22

MOOD: 😊 😐 😞

TODO:

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NOTES:

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

TUESDAY

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JULY 23

MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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JULY 24

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NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

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JULY 26

MOOD:



TODO:

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NOTES:

I AM THANKFUL FOR ALL I HAVE AND ALL I
WILL ACCOMPLISH.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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JULY 27

MOOD:



TODO:

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NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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MONDAY

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WEDNESDAY

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JULY 31

MOOD:







TODO:

NOTES:

I DESERVE TO BE HAPPY.

AUGUST

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?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

SPENT:

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

EARNED:

THURSDAY

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AUGUST 1

MOOD:



TODO:

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NOTES:

I AM ENOUGH.

FRIDAY

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AUGUST 2

MOOD:



TODO:

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NOTES:

I AM BRAVE AND I WILL GO AFTER WHAT
MAKES ME HAPPY.

SATURDAY

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AUGUST 3



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NOTES:

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

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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AUGUST 4



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NOTES:

TODAY IS GOING TO BE THE BEST DAY.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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AUGUST 5



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NOTES:

I DESERVE SELF-CARE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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AUGUST 7

MOOD:



TODO:

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NOTES:

I AM BEAUTIFUL AND I LOVE ALL ASPECTS
OF ME AND WHO I AM.

THURSDAY

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AUGUST 8

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TODO:

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NOTES:

I ATTRACT OPPORTUNITY.

FRIDAY

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AUGUST 9

MOOD:



TODO:

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NOTES:

I LOVE MY BODY.

SATURDAY

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AUGUST 10



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NOTES:

I AM DETERMINED TO SUCCEED.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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AUGUST 11

MOOD:



TODO:

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NOTES:

I CHOOSE TO BE OPTIMISTIC.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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MONDAY

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AUGUST 12



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NOTES:

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

WEDNESDAY

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AUGUST 14

MOOD:



TODO:

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NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

FRIDAY

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AUGUST 16

MOOD:



TODO:

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NOTES:

I NO LONGER FEAR THE UNKNOWN.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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AUGUST 17



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NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

SUNDAY

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AUGUST 18

MOOD:

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TODO:

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NOTES:

I AM ENOUGH.

TUESDAY

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AUGUST 20

MOOD:



TODO:

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NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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WEDNESDAY

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AUGUST 21

MOOD:



TODO:

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NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

STICKERS

FRIDAY

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AUGUST 23



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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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AUGUST 26

MOOD:



TODO:

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NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

TUESDAY

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AUGUST 27

MOOD:



TODO:

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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES
ABOUT MYSELF.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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FRIDAY

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AUGUST 30

MOOD:



TODO:

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NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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SATURDAY

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AUGUST 31



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NOTES:

I AM A MONEY MAGNET.

SEPTEMBER

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						

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SUNDAY

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SEPTEMBER 1



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NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

FEBRUARY

APRIL

MAY

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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SEPTEMBER 2

MOOD:



TODO:

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NOTES:

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

TUESDAY

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SEPTEMBER 3

MOOD: 😊 😐 😞

TODO:

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NOTES:

I AM ALLOWED TO SAY NO TO OTHERS
AND YES TO MYSELF.

WEDNESDAY

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SEPTEMBER 4



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NOTES:

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

SATURDAY

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SEPTEMBER 7



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NOTES:

MY POSSIBILITIES ARE ENDLESS.

MONDAY

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SEPTEMBER 9



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NOTES:

I BELIEVE IN MY ABILITY TO GO AFTER MY DREAMS AND SUCCEED.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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SEPTEMBER 11

MOOD:

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TODO:

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NOTES:

I HAVE A PURPOSE.

FRIDAY

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SEPTEMBER 13



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NOTES:

MY GOALS ARE ATTAINABLE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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SEPTEMBER 14



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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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SEPTEMBER 15

MOOD:



TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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MONDAY

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SEPTEMBER 16

MOOD:



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NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

STICKERS

TUESDAY

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SEPTEMBER 17

MOOD: 😊 😐 😞

TODO:

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NOTES:

I AM MOTIVATED.

THURSDAY

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SEPTEMBER 19

MOOD:

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TODO:

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NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

FRIDAY

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SEPTEMBER 20

MOOD:



TODO:

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NOTES:

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

SATURDAY

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SEPTEMBER 21



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NOTES:

I AM CONFIDENT.

SUNDAY

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SEPTEMBER 22

MOOD: 😊 😐 😞

TODO:

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NOTES:

I AM LIMITLESS.

MONDAY

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SEPTEMBER 23



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NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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SEPTEMBER 24

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TODO:

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NOTES:

TODAY I HAVE THE POWER TO ACCOMPLISH EVERYTHING I NEED TO DO.

WEDNESDAY

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SEPTEMBER 25

MOOD:



TODO:

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NOTES:

I AM IN CONTROL.

STICKERS

THURSDAY

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SEPTEMBER 26

MOOD:

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TODO:

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NOTES:

I AM PROUD OF WHO I AM.

SATURDAY

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SEPTEMBER 28

MOOD:

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TODO:

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NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

OCTOBER

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?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

TUESDAY

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OCTOBER 1

MOOD:

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TODO:

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NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

WEDNESDAY

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OCTOBER 2



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NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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OCTOBER 3

MOOD:

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TODO:

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NOTES:

I AM STRONGER THAN MY EXCUSES.

FRIDAY

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OCTOBER 4



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MONDAY

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OCTOBER 7

MOOD:



TODO:

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NOTES:

I AM HEALTHY AND HAPPY.

STICKERS

TUESDAY

OCTOBER 8

MOOD:



TODO:

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NOTES:

I AM VALUABLE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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OCTOBER 9



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NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

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OCTOBER 11

MOOD:



TODO:

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NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

SATURDAY

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OCTOBER 12



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NOTES:

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

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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OCTOBER 14

MOOD:



TODO:

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NOTES:

I DON'T FAIL, I LEARN.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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TUESDAY

OCTOBER 15

MOOD:



TODO:

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NOTES:

I WILL ACHIEVE THE GOALS I SET.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

OCTOBER 18

MOOD:



TODO:

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NOTES:

I AM KIND AND I AM PATIENT.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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OCTOBER 19

MOOD:



TODO:

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NOTES:

I AM MANIFESTING MY DREAM LIFE.

STICKERS

SUNDAY

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OCTOBER 20

MOOD:



TODO:

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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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MONDAY

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OCTOBER 21

MOOD:



TODO:

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NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

WEDNESDAY

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OCTOBER 23

MOOD:



TODO:

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NOTES:

I AM PREPARED FOR NEW CHALLENGES.

STICKERS

FRIDAY

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OCTOBER 25



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NOTES:

I HAVE THE POWER TO CREATE CHANGE.

SATURDAY

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OCTOBER 26



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NOTES:

I CHOOSE WHAT I BECOME

WEDNESDAY

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OCTOBER 30

MOOD:



TODO:

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NOTES:

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

NOVEMBER

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	

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

FRIDAY

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NOVEMBER 1

MOOD:



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NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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SATURDAY

NOVEMBER 2

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MOOD:



TODO:

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NOTES:

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

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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NOVEMBER 3

MOOD:   

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NOTES:

I AM THANKFUL FOR ALL I HAVE AND ALL I WILL ACCOMPLISH.

MONDAY

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NOVEMBER 4

MOOD:

TODO:

NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

TUESDAY

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NOVEMBER 5

MOOD:

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TODO:

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NOTES:

I FORGIVE MYSELF.

WEDNESDAY

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NOVEMBER 6



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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

THURSDAY

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NOVEMBER 7

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TODO:

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NOTES:

I AM STRONG AND I AM POWERFUL.

FRIDAY

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NOVEMBER 8

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TODO:

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NOTES:

I DESERVE TO BE HAPPY.

SATURDAY

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NOVEMBER 9

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TODO:

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NOTES:

I AM ENOUGH.

MONDAY

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NOVEMBER 11

MOOD:



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NOTES:

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

SATURDAY

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NOVEMBER 16

MOOD:



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NOTES:

I ATTRACT OPPORTUNITY.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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SUNDAY

NOVEMBER 17

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MOOD:

TODO:

NOTES:

I LOVE MY BODY.

MONDAY

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NOVEMBER 18

MOOD:



TODO:

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NOTES:

I AM DETERMINED TO SUCCEED.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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NOVEMBER 19

MOOD:







TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

THURSDAY

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NOVEMBER 21

MOOD:

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TODO:

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NOTES:

I AM RESILIENT.

FRIDAY

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NOVEMBER 22



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NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

SATURDAY

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NOVEMBER 23



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NOTES:

I ACCEPT THE GOOD THINGS THAT ARE
COMING MY WAY.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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NOVEMBER 24



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NOTES:

I NO LONGER FEAR THE UNKNOWN.

MONDAY

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NOVEMBER 25

MOOD:



TODO:

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NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

WEDNESDAY

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NOVEMBER 27



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NOTES:

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

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

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NOVEMBER 29

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NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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DECEMBER

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?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SUNDAY

DECEMBER 1

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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.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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DECEMBER 2

MOOD: 😊 😐 😞

TODO:

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NOTES:

DONE IS BETTER THAN PERFECT.

TUESDAY

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DECEMBER 3

MOOD:

TODO:

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

THURSDAY

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DECEMBER 5

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TODO:

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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

SATURDAY

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DECEMBER 7



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NOTES:

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

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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DECEMBER 8

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NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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MONDAY

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DECEMBER 9

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NOTES:

I AM A MONEY MAGNET.

FRIDAY

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DECEMBER 13

MOOD:



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NOTES:

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

SATURDAY

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DECEMBER 14



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NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

SUNDAY

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DECEMBER 15

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NOTES:

I AM TALENTED AND INTELLIGENT.

TUESDAY

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DECEMBER 17

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TODO:

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NOTES:

I AM DOING MY BEST.

WEDNESDAY

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DECEMBER 18

MOOD:



TODO:

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NOTES:

I BELIEVE IN MY ABILITY TO GO AFTER MY DREAMS AND SUCCEED.

STICKERS

THURSDAY

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DECEMBER 19

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TODO:

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NOTES:

I AM LOVED.

FRIDAY

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DECEMBER 20

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TODO:

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NOTES:

I HAVE A PURPOSE.

SATURDAY

DECEMBER 21

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MOOD:



TODO:

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NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

DECEMBER 22

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NOTES:

MY GOALS ARE ATTAINABLE.

MONDAY

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DECEMBER 23



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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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DECEMBER 25



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NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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DECEMBER 28



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NOTES:

I BREATHE IN COURAGE AND EXHALE
DOUBT.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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DECEMBER 30

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NOTES:

I AM CONFIDENT.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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TUESDAY

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DECEMBER 31

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NOTES:

I AM LIMITLESS.

STICKERS

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	STICKERS
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