

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?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

MONDAY

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JANUARY 1



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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

TUESDAY

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JANUARY 2

MOOD:



TODO:

- [illegible]

NOTES:

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

WEDNESDAY

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JANUARY 3

MOOD:



TODO:

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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

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JANUARY 4

MOOD:



TODO:

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NOTES:

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

MAY

FRIDAY

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JANUARY 5

MOOD:



TODO:

- [illegible]

NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

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JANUARY 6



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NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

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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.

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JANUARY 8

MOOD:



TODO:

- [illegible]

NOTES:

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

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TUESDAY

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JANUARY 9

MOOD:



TODO:

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NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

WEDNESDAY

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JANUARY 10

MOOD:



TODO:

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NOTES:

I FORGIVE MYSELF.

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JANUARY 11

MOOD:



TODO:

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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

FRIDAY

JANUARY 12

MOOD:



TODO:

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NOTES:

I AM STRONG AND I AM POWERFUL.

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JANUARY 13



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NOTES:

I DESERVE TO BE HAPPY.

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JANUARY 14

MOOD:



TODO:

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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.

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TUESDAY

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JANUARY 16

MOOD:



TODO:

NOTES:

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

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JANUARY 17

MOOD:



TODO:

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NOTES:

TODAY IS GOING TO BE THE BEST DAY.

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JANUARY 18

MOOD:



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NOTES:

I DESERVE SELF-CARE.

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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.

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SATURDAY

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JANUARY 20



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NOTES:

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

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JANUARY 21



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NOTES:

I ATTRACT OPPORTUNITY.

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JANUARY 22



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NOTES:

I LOVE MY BODY.

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JANUARY 23

MOOD:



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NOTES:

I AM DETERMINED TO SUCCEED.

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JANUARY 24

MOOD:



TODO:

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NOTES:

I CHOOSE TO BE OPTIMISTIC.

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THURSDAY

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JANUARY 25

MOOD:



TODO:

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NOTES:

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

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FRIDAY

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JANUARY 26

MOOD:



TODO:

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NOTES:

I AM RESILIENT.

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JANUARY 27



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NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

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JANUARY 28

MOOD:



TODO:

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NOTES:

I ACCEPT THE GOOD THINGS THAT ARE
COMING MY WAY.

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JANUARY 29



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NOTES:

I NO LONGER FEAR THE UNKNOWN.

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JANUARY 30

MOOD:



TODO:

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NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

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JANUARY 31

MOOD:



TODO:

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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?

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

MOOD:



TODO:

NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

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FEBRUARY 3



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NOTES:

I CHOOSE TO BE FEARLESS TODAY AND
EVERYDAY.

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FEBRUARY 4

MOOD:



TODO:

NOTES:

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

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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.

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TUESDAY

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FEBRUARY 6

MOOD:



TODO:

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NOTES:

DONE IS BETTER THAN PERFECT.

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WEDNESDAY

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FEBRUARY 7

MOOD:



TODO:

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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

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SATURDAY

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FEBRUARY 10



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NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

TUESDAY

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FEBRUARY 13

MOOD:



TODO:

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NOTES:

I AM A MONEY MAGNET.

WEDNESDAY

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FEBRUARY 14

MOOD:



TODO:

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NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

THURSDAY

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FEBRUARY 15



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NOTES:

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

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FEBRUARY 16

MOOD:



TODO:

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NOTES:

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

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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

MOOD:   

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NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

MONDAY

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FEBRUARY 19

MOOD:



TODO:

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NOTES:

I AM TALENTED AND INTELLIGENT.

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FEBRUARY 20

MOOD:



TODO:

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NOTES:

MY POSSIBILITIES ARE ENDLESS.

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FEBRUARY 21



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NOTES:

I AM DOING MY BEST.

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FEBRUARY 22

MOOD:



TODO:

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NOTES:

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

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FRIDAY

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FEBRUARY 23

MOOD:



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NOTES:

I AM LOVED.

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FEBRUARY 24



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NOTES:

I HAVE A PURPOSE.

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FEBRUARY 25

MOOD:   

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NOTES:

MY COURAGE AND STRENGTH ARE MORE POWERFUL THAN MY DOUBTS.

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FEBRUARY 26

MOOD:



TODO:

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NOTES:

MY GOALS ARE ATTAINABLE.

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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:



TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

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FEBRUARY 29

MOOD:



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NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

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MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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:

FRIDAY

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MARCH 1

MOOD:



TODO:

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NOTES:

I AM MOTIVATED.

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MARCH 3

MOOD:



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NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

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MARCH 4



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NOTES:

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

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MARCH 5

MOOD:



TODO:

- [illegible]

NOTES:

I AM CONFIDENT.

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MARCH 6

MOOD:



TODO:

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NOTES:

I AM LIMITLESS.

MAY

THURSDAY

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MARCH 7

MOOD:



TODO:

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NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

MAY

FRIDAY

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MARCH 8

MOOD:



TODO:

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NOTES:

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

SATURDAY

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MARCH 9

MOOD:



TODO:

- [illegible]

NOTES:

I AM IN CONTROL.

SUNDAY

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MARCH 10

MOOD:



TODO:

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NOTES:

I AM PROUD OF WHO I AM.

MAY

MONDAY

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MARCH 11



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NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

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



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NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

FRIDAY

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MARCH 15

MOOD:



TODO:

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NOTES:

I AM IN ALIGNMENT WITH MY SOUL
PURPOSE.

SATURDAY

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MARCH 16



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NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

SUNDAY

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MARCH 17



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NOTES:

I AM STRONGER THAN MY EXCUSES.

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MARCH 18

MOOD:



TODO:

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NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

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TUESDAY

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MARCH 19

MOOD:



TODO:

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NOTES:

I BELIEVE IN THE WOMAN I AM BECOMING.

MAY

WEDNESDAY

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MARCH 20



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NOTES:

I AM UNAFFECTED BY THE JUDGEMENT
OF OTHERS.

THURSDAY

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MARCH 21

MOOD:



TODO:

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NOTES:

I AM HEALTHY AND HAPPY.

MAY

FRIDAY

MARCH 22

MOOD:



TODO:

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NOTES:

I AM VALUABLE.

MAY

SATURDAY

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MARCH 23

MOOD:



TODO:

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NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

MAY

TUESDAY

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MARCH 26

MOOD:



TODO:

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NOTES:

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

WEDNESDAY

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MARCH 27

MOOD:



TODO:

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NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

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THURSDAY

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MARCH 28

MOOD:



TODO:

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NOTES:

I DON'T FAIL, I LEARN.

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FRIDAY

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MARCH 29

MOOD:



TODO:

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NOTES:

I WILL ACHIEVE THE GOALS I SET.

MAY

SATURDAY

MARCH 30

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MOOD:



TODO:

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NOTES:

I TAKE ACTION TOWARDS MY GOALS
EVERYDAY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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I AM WORTHY OF MY GOALS AND DREAMS.

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?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

MONDAY

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TUESDAY

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APRIL 2

MOOD:



TODO:

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NOTES:

I AM MANIFESTING MY DREAM LIFE.

MAY

WEDNESDAY

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APRIL 3

MOOD:



TODO:

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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

MAY

THURSDAY

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APRIL 4

MOOD:



TODO:

- [illegible]

NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

MAY

FRIDAY

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APRIL 5

MOOD:



TODO:

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NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

MAY

SATURDAY

APRIL 6

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MOOD:



TODO:

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NOTES:

I AM PREPARED FOR NEW CHALLENGES.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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APRIL 8

MOOD:



TODO:

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NOTES:

I HAVE THE POWER TO CREATE CHANGE.

MAY

WEDNESDAY

APRIL 10

MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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APRIL 11

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

MAY

FRIDAY

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APRIL 12

MOOD:



TODO:

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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

SATURDAY

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APRIL 13



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NOTES:

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

SUNDAY

APRIL 14

MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE NEGATIVITY.

MONDAY

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APRIL 15

MOOD:



TODO:

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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.

MAY

WEDNESDAY

APRIL 17

MOOD:



TODO:

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NOTES:

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

THURSDAY

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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:

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NOTES:

I FORGIVE MYSELF.

MAY

SATURDAY

APRIL 20

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MOOD:



TODO:

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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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APRIL 21



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NOTES:

I AM STRONG AND I AM POWERFUL.

TUESDAY

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APRIL 23

MOOD:



TODO:

- [illegible]

NOTES:

I AM ENOUGH.

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.

THURSDAY

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APRIL 25

MOOD:



TODO:

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NOTES:

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

MAY

FRIDAY

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APRIL 26

MOOD:



TODO:

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NOTES:

TODAY IS GOING TO BE THE BEST DAY.

SATURDAY

APRIL 27

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MOOD:



TODO:

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NOTES:

I DESERVE SELF-CARE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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APRIL 28

MOOD:



TODO:

NOTES:

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

MAY

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.

MAY

TUESDAY

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APRIL 30

MOOD:



TODO:

NOTES:

I ATTRACT OPPORTUNITY.

MAY

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?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: 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:



TODO:

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.

SATURDAY

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MAY 4



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NOTES:

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

SUNDAY

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MAY 5

MOOD:



TODO:

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NOTES:

I AM RESILIENT.

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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.

MAY

WEDNESDAY

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MAY 8



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NOTES:

I NO LONGER FEAR THE UNKNOWN.

MAY

THURSDAY

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MAY 9

MOOD:



TODO:

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

MAY

FRIDAY

MAY 10

MOOD:



TODO:

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NOTES:

I AM ENOUGH.

MAY

SATURDAY

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MAY 11

MOOD:



TODO:

NOTES:

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

SUNDAY

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MY PAST DOES NOT DEFINE MY FUTURE.

MONDAY

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MAY 13

MOOD:



TODO:

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

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.

MAY

WEDNESDAY

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MAY 15

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.

MAY

THURSDAY

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MAY 16

MOOD:



TODO:

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NOTES:

DONE IS BETTER THAN PERFECT.

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MAY 17

MOOD:



TODO:

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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

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SATURDAY

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MAY 18

MOOD:



TODO:

NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

MAY

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MAY 19

MOOD:



TODO:

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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES
ABOUT MYSELF.

MAY

MONDAY

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MAY 20

MOOD:



TODO:

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NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

TUESDAY

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MAY 21

MOOD:



TODO:

NOTES:

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

MAY

WEDNESDAY

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MAY 22

MOOD:



TODO:

NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

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MAY 24

MOOD:



TODO:

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NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

MAY

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

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MAY 26



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NOTES:

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

MAY

MONDAY

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MAY 27

MOOD:



TODO:

NOTES:

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

MAY

TUESDAY

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MAY 28

MOOD:



TODO:

NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

MAY

WEDNESDAY

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MAY 29

MOOD:



TODO:

NOTES:

I AM TALENTED AND INTELLIGENT.

MAY

THURSDAY

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MAY 30

MOOD:



TODO:

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NOTES:

MY POSSIBILITIES ARE ENDLESS.

MAY

FRIDAY

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MAY 31

MOOD:



TODO:

NOTES:

I AM DOING MY BEST.

MAY

JUNE

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 ACHEIVE 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.

MAY

SUNDAY

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I AM LOVED.

MONDAY

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JUNE 3



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NOTES:

I HAVE A PURPOSE.

TUESDAY

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JUNE 4

MOOD:



TODO:

NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

WEDNESDAY

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JUNE 5

MOOD:



TODO:

NOTES:

MY GOALS ARE ATTAINABLE.

MAY

THURSDAY

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JUNE 6

MOOD:



TODO:

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

MAY

FRIDAY

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JUNE 7

MOOD:



TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

SATURDAY

JUNE 8

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MOOD:



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NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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I AM MOTIVATED.

MONDAY

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JUNE 10

MOOD:



TODO:

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NOTES:

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

MARCH

MAY

NOVEMBER

TUESDAY

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JUNE 11

MOOD:



TODO:

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

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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.

MAY

THURSDAY

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JUNE 13

MOOD:



TODO:

NOTES:

I AM CONFIDENT.

FRIDAY

JUNE 14

MOOD:



TODO:

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NOTES:

I AM LIMITLESS.

MAY

SATURDAY

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JUNE 15



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NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

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SUNDAY

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JUNE 16



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NOTES:

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

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MONDAY

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JUNE 17

MOOD:



TODO:

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NOTES:

I AM IN CONTROL.

MAY

TUESDAY

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JUNE 18

MOOD:



TODO:

NOTES:

I AM PROUD OF WHO I AM.

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WEDNESDAY

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JUNE 19

MOOD:



TODO:

NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

FRIDAY

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JUNE 21



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SATURDAY

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JUNE 22



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NOTES:

EVERYDAY I AM BECOMING WEALTHIER.

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SUNDAY

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JUNE 23



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NOTES:

I AM IN ALIGNMENT WITH MY SOUL
PURPOSE.

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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.

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JUNE 25

MOOD:



TODO:

NOTES:

I AM STRONGER THAN MY EXCUSES.

WEDNESDAY

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JUNE 26

MOOD:



TODO:

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NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

THURSDAY

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JUNE 27

MOOD:



TODO:

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NOTES:

I BELIEVE IN THE WOMAN I AM BECOMING.

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FRIDAY

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JUNE 28

MOOD:



TODO:

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NOTES:

I AM UNAFFECTED BY THE JUDGEMENT
OF OTHERS.

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SATURDAY

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JUNE 29

MOOD:



TODO:

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NOTES:

I AM HEALTHY AND HAPPY.

SUNDAY

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JUNE 30

MOOD:



TODO:

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NOTES:

I AM VALUABLE.

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?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

MONDAY

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JULY 1



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NOTES:

MONEY MAKING OPPORTUNITIES ARE
ALWAYS COMING MY WAY.

WEDNESDAY

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JULY 3



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NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

MAY

FRIDAY

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JULY 5

MOOD:



TODO:

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NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

MAY

SATURDAY

JULY 6

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

SUNDAY

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JULY 7



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NOTES:

I WILL ACHIEVE THE GOALS I SET.

MAY

MONDAY

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JULY 8

MOOD:



TODO:

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NOTES:

I TAKE ACTION TOWARDS MY GOALS
EVERYDAY.

TUESDAY

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JULY 9

MOOD:



TODO:

NOTES:

I AM WORTHY OF MY GOALS AND DREAMS.

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:

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NOTES:

I AM MANIFESTING MY DREAM LIFE.

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JULY 12

MOOD:



TODO:

- [illegible]

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

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SATURDAY

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JULY 13



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NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

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SUNDAY

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JULY 14



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NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

MONDAY

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JULY 15



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NOTES:

I AM PREPARED FOR NEW CHALLENGES.

TUESDAY

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JULY 16

MOOD:



TODO:

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NOTES:

I ATTRACT THE LOVE I DESIRE.

WEDNESDAY

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JULY 17

MOOD:



TODO:

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NOTES:

I HAVE THE POWER TO CREATE CHANGE.

FRIDAY

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JULY 19

MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

SATURDAY

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JULY 20

MOOD:



TODO:

- [illegible]

NOTES:

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

SUNDAY

JULY 21

MOOD:



TODO:

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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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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.

MAY

WEDNESDAY

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JULY 24

MOOD:



TODO:

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NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

MAY

THURSDAY

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JULY 25

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.

FRIDAY

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JULY 26

MOOD:



TODO:

NOTES:

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

MAY

SATURDAY

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JULY 27

MOOD:



TODO:

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NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

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JULY 29

MOOD:



TODO:

- [illegible]

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

TUESDAY

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JULY 30

MOOD:



TODO:

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NOTES:

I AM STRONG AND I AM POWERFUL.

WEDNESDAY

JULY 31

MOOD:



TODO:

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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?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

THURSDAY

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AUGUST 1

MOOD:



TODO:

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NOTES:

I AM ENOUGH.

MAY

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

AUGUST 3

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MOOD:



TODO:

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NOTES:

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

JANUARY

FEBRUARY

MARCH

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.

MAY

MONDAY

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AUGUST 5



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NOTES:

I DESERVE SELF-CARE.

TUESDAY

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AUGUST 6

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.

MAY

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

MOOD:



TODO:

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NOTES:

I ATTRACT OPPORTUNITY.

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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.

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SUNDAY

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AUGUST 11

MOOD:



TODO:

- [illegible]

NOTES:

I CHOOSE TO BE OPTIMISTIC.

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MONDAY

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AUGUST 12

MOOD:



TODO:

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NOTES:

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

MAY

TUESDAY

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AUGUST 13

MOOD:



TODO:

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NOTES:

I AM RESILIENT.

WEDNESDAY

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AUGUST 14

MOOD:



TODO:

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NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

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THURSDAY

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AUGUST 15

MOOD:



TODO:

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NOTES:

I ACCEPT THE GOOD THINGS THAT ARE
COMING MY WAY.

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FRIDAY

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AUGUST 16

MOOD:



TODO:

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NOTES:

I NO LONGER FEAR THE UNKNOWN.

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



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NOTES:

I AM ENOUGH.

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MONDAY

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AUGUST 19



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NOTES:

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

TUESDAY

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AUGUST 20

MOOD:



TODO:

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NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

MAY

WEDNESDAY

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AUGUST 21

MOOD:



TODO:

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND
EVERYDAY.

MAY

THURSDAY

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AUGUST 22

MOOD:



TODO:

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NOTES:

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

MAY

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



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NOTES:

DONE IS BETTER THAN PERFECT.

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SUNDAY

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AUGUST 25



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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

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MONDAY

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AUGUST 26

MOOD:



TODO:

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NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

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AUGUST 27

MOOD:



TODO:

- [illegible]

NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES
ABOUT MYSELF.

MAY

WEDNESDAY

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AUGUST 28



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NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

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.

MAY

FRIDAY

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AUGUST 30

MOOD:



TODO:

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NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

MAY

SATURDAY

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AUGUST 31

MOOD:



TODO:

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NOTES:

I AM A MONEY MAGNET.

MAY

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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.

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SEPTEMBER 2



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NOTES:

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

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SEPTEMBER 3

MOOD:



TODO:

- [illegible]

NOTES:

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

WEDNESDAY

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SEPTEMBER 4

MOOD:



TODO:

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NOTES:

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

THURSDAY

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SEPTEMBER 5

MOOD:



TODO:

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NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

MAY

FRIDAY

SEPTEMBER 6

MOOD:



TODO:

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NOTES:

I AM TALENTED AND INTELLIGENT.

MARCH

MAY

SATURDAY

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SEPTEMBER 7



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NOTES:

MY POSSIBILITIES ARE ENDLESS.

SUNDAY

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SEPTEMBER 8



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NOTES:

I AM DOING MY BEST.

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SEPTEMBER 9

MOOD:



TODO:

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NOTES:

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

MAY

TUESDAY

SEPTEMBER 10

MOOD:



TODO:

- [illegible]

NOTES:

I AM LOVED.

WEDNESDAY

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SEPTEMBER 11



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NOTES:

I HAVE A PURPOSE.

THURSDAY

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SEPTEMBER 12

MOOD:



TODO:

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NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

MAY

FRIDAY

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SEPTEMBER 13

MOOD:



TODO:

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NOTES:

MY GOALS ARE ATTAINABLE.

MAY

SATURDAY

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SEPTEMBER 14



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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

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SEPTEMBER 15

MOOD:



TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

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SEPTEMBER 16

MOOD:



TODO:

NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

MARCH

MAY

TUESDAY

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SEPTEMBER 17

MOOD:



TODO:

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NOTES:

I AM MOTIVATED.

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WEDNESDAY

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SEPTEMBER 18



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NOTES:

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

MAY

FRIDAY

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SEPTEMBER 20

MOOD:



TODO:

NOTES:

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

MAY

SATURDAY

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SEPTEMBER 21



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NOTES:

I AM CONFIDENT.

SUNDAY

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SEPTEMBER 22

MOOD:



TODO:

- [illegible]

NOTES:

I AM LIMITLESS.

MONDAY

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SEPTEMBER 23

MOOD:



TODO:

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NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

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SEPTEMBER 24

MOOD:



TODO:

NOTES:

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

MAY

WEDNESDAY

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SEPTEMBER 25

MOOD:



TODO:

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NOTES:

I AM IN CONTROL.

MAY

THURSDAY

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SEPTEMBER 26



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NOTES:

I AM PROUD OF WHO I AM.

FRIDAY

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SEPTEMBER 27

MOOD:



TODO:

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NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

SATURDAY

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SEPTEMBER 28



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NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

SUNDAY

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SEPTEMBER 29

MOOD:



TODO:

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NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

MAY

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 ACHEIVE 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:



TODO:

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NOTES:

I AM IN ALIGNMENT WITH MY SOUL
PURPOSE.

MAY

WEDNESDAY

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OCTOBER 2



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NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

MAY

THURSDAY

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OCTOBER 3

MOOD:



TODO:

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NOTES:

I AM STRONGER THAN MY EXCUSES.

MAY

FRIDAY

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OCTOBER 4

MOOD:



TODO:

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NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

SATURDAY

OCTOBER 5

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MOOD:



TODO:

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NOTES:

I BELIEVE IN THE WOMAN I AM BECOMING.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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OCTOBER 6



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NOTES:

I AM UNAFFECTED BY THE JUDGEMENT
OF OTHERS.

MONDAY

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OCTOBER 7

MOOD:



TODO:

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NOTES:

I AM HEALTHY AND HAPPY.

TUESDAY

OCTOBER 8

MOOD:



TODO:

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NOTES:

I AM VALUABLE.

MAY

WEDNESDAY

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OCTOBER 9



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NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

THURSDAY

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OCTOBER 10

MOOD:



TODO:

NOTES:

I AM READY TO MANIFEST ABUNDANCE.

MAY

SUNDAY

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OCTOBER 13

MOOD:



TODO:

NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

MONDAY

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OCTOBER 14

MOOD:



TODO:

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NOTES:

I DON'T FAIL, I LEARN.

TUESDAY

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OCTOBER 15

MOOD:



TODO:

NOTES:

I WILL ACHIEVE THE GOALS I SET.

MAY

WEDNESDAY

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OCTOBER 16

MOOD:



TODO:

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NOTES:

I TAKE ACTION TOWARDS MY GOALS
EVERYDAY.

MAY

THURSDAY

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OCTOBER 17

MOOD:



TODO:

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NOTES:

I AM WORTHY OF MY GOALS AND DREAMS.

MAY

FRIDAY

OCTOBER 18

MOOD:



TODO:

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NOTES:

I AM KIND AND I AM PATIENT.

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SATURDAY

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OCTOBER 19



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NOTES:

I AM MANIFESTING MY DREAM LIFE.

SUNDAY

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OCTOBER 20

MOOD:



TODO:

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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

MAY

MONDAY

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OCTOBER 21

MOOD:



TODO:

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NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

MAY

TUESDAY

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OCTOBER 22

MOOD:



TODO:

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NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS
MATTER.

MAY

WEDNESDAY

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OCTOBER 23



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NOTES:

I AM PREPARED FOR NEW CHALLENGES.

THURSDAY

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OCTOBER 24

MOOD:



TODO:

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NOTES:

I ATTRACT THE LOVE I DESIRE.

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FRIDAY

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OCTOBER 25

MOOD:



TODO:

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NOTES:

I HAVE THE POWER TO CREATE CHANGE.

MAY

SATURDAY

OCTOBER 26

MOOD:



TODO:

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NOTES:

I CHOOSE WHAT I BECOME

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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OCTOBER 27



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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

MONDAY

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OCTOBER 28

MOOD:



TODO:

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NOTES:

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

MAY

TUESDAY

OCTOBER 29

MOOD:



TODO:

NOTES:

I AM WORTHY OF INCREASING MY INCOME.

MAY

WEDNESDAY

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OCTOBER 30

MOOD:



TODO:

NOTES:

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

MAY

THURSDAY

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OCTOBER 31

MOOD:



TODO:

NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

MAY

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:

SATURDAY

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NOVEMBER 2



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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:

NOTES:

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

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MONDAY

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NOVEMBER 4

MOOD:



TODO:

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NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

MAY

TUESDAY

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NOVEMBER 5

MOOD:



TODO:

NOTES:

I FORGIVE MYSELF.

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WEDNESDAY

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NOVEMBER 6

MOOD:



TODO:

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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

MAY

THURSDAY

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NOVEMBER 7

MOOD:



TODO:

NOTES:

I AM STRONG AND I AM POWERFUL.

FRIDAY

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NOVEMBER 8

MOOD:



TODO:

NOTES:

I DESERVE TO BE HAPPY.

MAY

SATURDAY

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NOVEMBER 9



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NOTES:

I AM ENOUGH.

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NOVEMBER 11

MOOD:



TODO:

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NOTES:

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

TUESDAY

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NOVEMBER 12

MOOD:



TODO:

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NOTES:

TODAY IS GOING TO BE THE BEST DAY.

WEDNESDAY

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NOVEMBER 13

MOOD:

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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.

MAY

FRIDAY

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NOVEMBER 15

MOOD:



TODO:

NOTES:

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

SATURDAY

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NOVEMBER 16



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NOTES:

I ATTRACT OPPORTUNITY.

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SUNDAY

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NOVEMBER 17



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NOTES:

I LOVE MY BODY.

MONDAY

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NOVEMBER 18

MOOD:



TODO:

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NOTES:

I AM DETERMINED TO SUCCEED.

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TUESDAY

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NOVEMBER 19

MOOD:



TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

THURSDAY

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NOVEMBER 21

MOOD:



TODO:

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NOTES:

I AM RESILIENT.

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FRIDAY

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NOVEMBER 22

MOOD:



TODO:

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.

SUNDAY

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NOVEMBER 24



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NOTES:

I NO LONGER FEAR THE UNKNOWN.

MARCH

MAY



TUESDAY

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NOVEMBER 26

MOOD:



WEDNESDAY

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NOVEMBER 27

MOOD:



TODO:

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NOTES:

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

MAY

THURSDAY

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NOVEMBER 28

MOOD:



TODO:

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NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

MAY

FRIDAY

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NOVEMBER 29

MOOD:



TODO:

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

SATURDAY

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NOVEMBER 30



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NOTES:

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

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

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DECEMBER 1



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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.

MAY

TUESDAY

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DECEMBER 3

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

MAY

WEDNESDAY

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DECEMBER 4



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NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

THURSDAY

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DECEMBER 5

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES
ABOUT MYSELF.

MAY

FRIDAY

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DECEMBER 6



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

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.

SUNDAY

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DECEMBER 8

MOOD:   

TODO:

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NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

MONDAY

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DECEMBER 9

MOOD:



TODO:

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NOTES:

I AM A MONEY MAGNET.

MAY

TUESDAY

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DECEMBER 10

MOOD:



TODO:

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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.

MAY

THURSDAY

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DECEMBER 12

MOOD:



TODO:

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NOTES:

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

FRIDAY

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DECEMBER 13

MOOD:



TODO:

NOTES:

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

SATURDAY

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DECEMBER 14

MOOD:



TODO:

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NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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DECEMBER 15

MOOD:



TODO:

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NOTES:

I AM TALENTED AND INTELLIGENT.

MAY

MONDAY

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DECEMBER 16

MOOD:

TODO:

NOTES:

MY POSSIBILITIES ARE ENDLESS.

TUESDAY

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DECEMBER 17

MOOD:



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.

THURSDAY

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DECEMBER 19

MOOD:



TODO:

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NOTES:

I AM LOVED.

MAY

FRIDAY

DECEMBER 20

MOOD:



TODO:

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NOTES:

I HAVE A PURPOSE.

MAY

SATURDAY

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DECEMBER 21



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NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

SUNDAY

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DECEMBER 22



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NOTES:

MY GOALS ARE ATTAINABLE.

MONDAY

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DECEMBER 23

MOOD:



TODO:

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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

TUESDAY

DECEMBER 24

MOOD:



TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

MAY

WEDNESDAY

DECEMBER 25

MOOD:



TODO:

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NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

THURSDAY

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DECEMBER 26

MOOD:



TODO:

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NOTES:

I AM MOTIVATED.

MAY

FRIDAY

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DECEMBER 27

MOOD:



TODO:

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NOTES:

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

SATURDAY

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DECEMBER 28

MOOD:

TODO:

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

SUNDAY

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DECEMBER 29



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NOTES:

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

MONDAY

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DECEMBER 30

MOOD:



TODO:

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NOTES:

I AM CONFIDENT.

MAY

TUESDAY

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DECEMBER 31

MOOD:



TODO:

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NOTES:

I AM LIMITLESS.

MAY

STICKERS