

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 ACHEIVE 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

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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JANUARY 3



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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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JANUARY 4

MOOD:

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TODO:

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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

FRIDAY

JANUARY 5

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

SATURDAY

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JANUARY 6

MOOD:



TODO:

NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

STICKERS

MONDAY

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JANUARY 8

MOOD:



TODO:

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NOTES:

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

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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JANUARY 9

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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WEDNESDAY

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JANUARY 10

MOOD:



TODO:

NOTES:

I FORGIVE MYSELF.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

STICKERS

SATURDAY

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JANUARY 13



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NOTES:

I DESERVE TO BE HAPPY.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JANUARY 14



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NOTES:

I AM ENOUGH.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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.

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

WEDNESDAY

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JANUARY 17

MOOD:



TODO:

NOTES:

TODAY IS GOING TO BE THE BEST DAY.

STICKERS

THURSDAY

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JANUARY 18

MOOD:



TODO:

NOTES:

I DESERVE SELF-CARE.

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

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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.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JANUARY 21

MOOD:



TODO:

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

MOOD:



TODO:

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NOTES:

I LOVE MY BODY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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JANUARY 23

MOOD:



TODO:

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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

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

FRIDAY

JANUARY 26

MOOD:



TODO:

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NOTES:

I AM RESILIENT.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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JANUARY 27



NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JANUARY 28

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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MONDAY

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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.

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

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JANUARY 31

MOOD:



TODO:

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NOTES:

I AM ENOUGH.

STICKERS

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:

THURSDAY

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FEBRUARY 1

MOOD:



TODO:

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NOTES:

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

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

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FEBRUARY 3



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NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

FEBRUARY

APRIL

MAY

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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FEBRUARY 4



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NOTES:

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

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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FEBRUARY 6

MOOD:



TODO:

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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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WEDNESDAY

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FEBRUARY 7

MOOD:



TODO:

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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

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

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FEBRUARY 8

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

SATURDAY

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FEBRUARY 10



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NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

FEBRUARY

APRIL

MAY

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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FEBRUARY 13

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
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THURSDAY

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FEBRUARY 15

MOOD:



TODO:

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NOTES:

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

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

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FEBRUARY 17



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NOTES:

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

FEBRUARY

APRIL

MAY

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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FEBRUARY 20

MOOD:



TODO:

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NOTES:

MY POSSIBILITIES ARE ENDLESS.

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

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FEBRUARY 21

MOOD:



TODO:

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NOTES:

I AM DOING MY BEST.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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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.

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

FEBRUARY 23

MOOD:



TODO:

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NOTES:

I AM LOVED.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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FEBRUARY 25



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NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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FEBRUARY 26

MOOD:



TODO:

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NOTES:

MY GOALS ARE ATTAINABLE.

STICKERS

TUESDAY

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FEBRUARY 27

MOOD:



TODO:

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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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FEBRUARY 28

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

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

7

9

11

13

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16

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18

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MARCH 1

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM MOTIVATED.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

7

9

11

13

15

17

19

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MARCH 2



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NOTES:

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

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

6

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11

12

13

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MARCH 5

MOOD:



TODO:

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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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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.

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

SATURDAY

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MARCH 9



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NOTES:

I AM IN CONTROL.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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MARCH 12

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

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

WEDNESDAY

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MARCH 13

MOOD:



TODO:

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NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTMBER

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.

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

SUNDAY

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MARCH 17

MOOD:



TODO:

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NOTES:

I AM STRONGER THAN MY EXCUSES.

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

FRIDAY

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MARCH 22

MOOD:



TODO:

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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

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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MARCH 27

MOOD:



TODO:

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NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

JANUARY

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?

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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APRIL 1

MOOD:



TODO:

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NOTES:

I AM KIND AND I AM PATIENT.

STICKERS

SATURDAY

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APRIL 6

MOOD:



TODO:

- [illegible]

NOTES:

I AM PREPARED FOR NEW CHALLENGES.

STICKERS

WEDNESDAY

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APRIL 10

MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

STICKERS

SATURDAY

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APRIL 13

MOOD:



TODO:

- [illegible]

NOTES:

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

STICKERS

SUNDAY

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APRIL 14

MOOD:   

TODO:

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- ☐
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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.

STICKERS

TUESDAY

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APRIL 16



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NOTES:

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

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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

MOOD:



TODO:

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NOTES:

I AM STRONG AND I AM POWERFUL.

STICKERS

MONDAY

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APRIL 22

MOOD:



TODO:

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NOTES:

I DESERVE TO BE HAPPY.

STICKERS

TUESDAY

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APRIL 23

MOOD:

TODO:

NOTES:

I AM ENOUGH.

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

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:

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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.

JANUARY

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?

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

FRIDAY

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MAY 3

MOOD:

TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

WEDNESDAY

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MAY 8

MOOD:



TODO:

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NOTES:

I NO LONGER FEAR THE UNKNOWN.

STICKERS

FRIDAY

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MAY 10

MOOD:

TODO:

NOTES:

I AM ENOUGH.

SATURDAY

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MAY 11

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

STICKERS

SUNDAY

7

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MY PAST DOES NOT DEFINE MY FUTURE.

STICKERS

THURSDAY

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MAY 16

MOOD:



TODO:

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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:

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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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MAY 18



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NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

7

9

11

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MAY 19

MOOD:



TODO:

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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES
ABOUT MYSELF.

STICKERS

TUESDAY

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MAY 21

MOOD: 😊 😐 😞

TODO:

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NOTES:

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

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

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

FRIDAY

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MAY 24

MOOD:



TODO:

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NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

STICKERS

SUNDAY

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WEDNESDAY

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MAY 29

MOOD:



TODO:

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NOTES:

I AM TALENTED AND INTELLIGENT.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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MAY 30

MOOD:



TODO:

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NOTES:

MY POSSIBILITIES ARE ENDLESS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

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MAY 31

MOOD:



TODO:

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NOTES:

I AM DOING MY BEST.

STICKERS

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.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

7

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JUNE 3

MOOD:



TODO:

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NOTES:

I HAVE A PURPOSE.

STICKERS

TUESDAY

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JUNE 4

MOOD:

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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

WEDNESDAY

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JUNE 5

MOOD:



TODO:

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NOTES:

MY GOALS ARE ATTAINABLE.

STICKERS

FRIDAY

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JUNE 7

MOOD:



TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

STICKERS

SATURDAY

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JUNE 8

MOOD:



TODO:

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NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

STICKERS

SUNDAY

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JUNE 9

MOOD:



TODO:

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NOTES:

I AM MOTIVATED.

STICKERS

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.

STICKERS

FRIDAY

JUNE 14

MOOD:



TODO:

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NOTES:

I AM LIMITLESS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JUNE 16

MOOD:



TODO:

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NOTES:

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

STICKERS

MONDAY

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JUNE 17

MOOD:



TODO:

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NOTES:

I AM IN CONTROL.

STICKERS

WEDNESDAY

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JUNE 19

MOOD:



TODO:

NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

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

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JUNE 20

MOOD:



TODO:

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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TODO:

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NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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JUNE 22

MOOD:



TODO:

NOTES:

EVERYDAY I AM BECOMING WEALTHIER.

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

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JUNE 23

MOOD:



TODO:

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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FRIDAY

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JUNE 28

MOOD:



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

SATURDAY

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JUNE 29

MOOD:



TODO:

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NOTES:

I AM HEALTHY AND HAPPY.

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

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

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JULY 3

MOOD:

TODO:

NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

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

FRIDAY

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JULY 5

MOOD:



TODO:

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NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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JULY 6

MOOD:



TODO:

NOTES:

I DON'T FAIL, I LEARN.

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

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JULY 7

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
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MONDAY

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JULY 8

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
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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

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

FRIDAY

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JULY 12

MOOD:



TODO:

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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

STICKERS

SATURDAY

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JULY 13

MOOD:



TODO:

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NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

STICKERS

SUNDAY

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JULY 14

MOOD:



TODO:

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NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

STICKERS

MONDAY

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JULY 15

MOOD:



TODO:

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NOTES:

I AM PREPARED FOR NEW CHALLENGES.

STICKERS

WEDNESDAY

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JULY 17

MOOD:



TODO:

NOTES:

I HAVE THE POWER TO CREATE CHANGE.

STICKERS

FRIDAY

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JULY 19

MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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JULY 21

MOOD:



TODO:

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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

STICKERS

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

WEDNESDAY

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JULY 24

MOOD:



TODO:

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NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

FRIDAY

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JULY 26

MOOD:



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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:

- [illegible]

NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

STICKERS

SUNDAY

JULY 28

MOOD:



TODO:

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NOTES:

I FORGIVE MYSELF.

MONDAY

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JULY 29

MOOD:



TODO:

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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

STICKERS

TUESDAY

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JULY 30

MOOD:



TODO:

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NOTES:

I AM STRONG AND I AM POWERFUL.

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

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JULY 31

MOOD:



TODO:

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NOTES:

I DESERVE TO BE HAPPY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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 ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

FRIDAY

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AUGUST 2

MOOD:



NOTES:

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

STICKERS

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

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.

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

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AUGUST 8

MOOD: 😊 😐 😞

TODO:

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NOTES:

I ATTRACT OPPORTUNITY.

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

FRIDAY

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AUGUST 9

MOOD:



TODO:

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NOTES:

I LOVE MY BODY.

STICKERS

SATURDAY

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AUGUST 10

MOOD:



TODO:

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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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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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TUESDAY

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AUGUST 13

MOOD:



TODO:

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NOTES:

I AM RESILIENT.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

7

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21

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23

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AUGUST 14

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

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AUGUST 16



NOTES:

I NO LONGER FEAR THE UNKNOWN.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

7

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AUGUST 17



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NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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AUGUST 18



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NOTES:

I AM ENOUGH.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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AUGUST 21

MOOD:



TODO:

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NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

STICKERS

SUNDAY

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AUGUST 25



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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

7

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AUGUST 31



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NOTES:

I AM A MONEY MAGNET.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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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.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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.

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

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SEPTEMBER 7

MOOD:



TODO:

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NOTES:

MY POSSIBILITIES ARE ENDLESS.

STICKERS

SUNDAY

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SEPTEMBER 8



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NOTES:

I AM DOING MY BEST.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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SEPTEMBER 11

MOOD:



TODO:

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NOTES:

I HAVE A PURPOSE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

SEPTEMBER 13

MOOD:



TODO:

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NOTES:

MY GOALS ARE ATTAINABLE.

JANUARY

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

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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SEPTEMBER 15

MOOD:

TODO:

NOTES:

I AM GRATEFUL TO BE ALIVE.

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

TUESDAY

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SEPTEMBER 17

MOOD:



TODO:

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NOTES:

I AM MOTIVATED.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

WEDNESDAY

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SEPTEMBER 18

MOOD:



TODO:

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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

SATURDAY

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SEPTEMBER 21



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NOTES:

I AM CONFIDENT.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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SEPTEMBER 22



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NOTES:

I AM LIMITLESS.

FEBRUARY

APRIL

MAY

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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SEPTEMBER 24

MOOD:



TODO:

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NOTES:

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

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

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SEPTEMBER 26

MOOD:



TODO:

- [illegible]

NOTES:

I AM PROUD OF WHO I AM.

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

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SEPTEMBER 28

MOOD:



TODO:

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NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

STICKERS

SUNDAY

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SEPTEMBER 29



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NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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:

THURSDAY

6

7

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OCTOBER 3

MOOD:



TODO:

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NOTES:

I AM STRONGER THAN MY EXCUSES.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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OCTOBER 5



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NOTES:

I BELIEVE IN THE WOMAN I AM BECOMING.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

7

9

11

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OCTOBER 6

MOOD:



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

TUESDAY

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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
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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

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

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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OCTOBER 13

MOOD:   

TODO:

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NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

MONDAY

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OCTOBER 14



NOTES:

I DON'T FAIL, I LEARN.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

6

7

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11

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13

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22

23

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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
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WEDNESDAY

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OCTOBER 16

MOOD:



TODO:

- [illegible]

NOTES:

I TAKE ACTION TOWARDS MY GOALS
EVERYDAY.

STICKERS

FRIDAY

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OCTOBER 18

MOOD:



TODO:

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NOTES:

I AM KIND AND I AM PATIENT.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

OCTOBER 19

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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

SUNDAY

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OCTOBER 20



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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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OCTOBER 22

MOOD:



TODO:

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NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS
MATTER.

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

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OCTOBER 23

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

SATURDAY

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OCTOBER 26



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NOTES:

I CHOOSE WHAT I BECOME

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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OCTOBER 27



NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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OCTOBER 29

MOOD:



TODO:

- [illegible]

NOTES:

I AM WORTHY OF INCREASING MY INCOME.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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.

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

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 ACHEIVE 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

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.

WEDNESDAY

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NOVEMBER 6

MOOD:



TODO:

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

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

FRIDAY

NOVEMBER 8

MOOD:



TODO:

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NOTES:

I DESERVE TO BE HAPPY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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NOVEMBER 9



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NOTES:

I AM ENOUGH.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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NOVEMBER 11



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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

SATURDAY

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NOVEMBER 16



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NOTES:

I ATTRACT OPPORTUNITY.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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NOVEMBER 18

MOOD:



TODO:

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NOTES:

I AM DETERMINED TO SUCCEED.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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NOVEMBER 19

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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THURSDAY

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NOVEMBER 21

MOOD:



TODO:

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NOTES:

I AM RESILIENT.

JANUARY

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.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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NOVEMBER 26

MOOD:



TODO:

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NOTES:

I AM ENOUGH.

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

FEBRUARY

APRIL

MAY

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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NOVEMBER 28

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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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.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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.

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

SUNDAY

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DECEMBER 1

MOOD:



TODO:

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NOTES:

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

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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DECEMBER 3

MOOD:



TODO:

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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

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

THURSDAY

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DECEMBER 5

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

FRIDAY

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DECEMBER 6

MOOD:



TODO:

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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

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.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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DECEMBER 9

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

TUESDAY

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DECEMBER 10

MOOD:

TODO:

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

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

FRIDAY

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DECEMBER 13



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NOTES:

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

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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DECEMBER 14

MOOD:

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TODO:

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NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

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

SUNDAY

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DECEMBER 15



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NOTES:

I AM TALENTED AND INTELLIGENT.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

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DECEMBER 16



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NOTES:

MY POSSIBILITIES ARE ENDLESS.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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DECEMBER 17

MOOD:



TODO:

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NOTES:

I AM DOING MY BEST.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

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DECEMBER 19

MOOD:



TODO:

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NOTES:

I AM LOVED.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

DECEMBER 20

MOOD:



TODO:

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NOTES:

I HAVE A PURPOSE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SATURDAY

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DECEMBER 21



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NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

FEBRUARY

APRIL

MAY

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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DECEMBER 22



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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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DECEMBER 24

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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WEDNESDAY

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DECEMBER 25

MOOD:



TODO:

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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
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THURSDAY

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DECEMBER 26

MOOD:



TODO:

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NOTES:

I AM MOTIVATED.

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

DECEMBER 27

MOOD:



TODO:

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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

SATURDAY

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DECEMBER 28



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NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

FEBRUARY

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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DECEMBER 29



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NOTES:

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

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.

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

TUESDAY

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DECEMBER 31

MOOD:



TODO:

NOTES:

I AM LIMITLESS.

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

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS