

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:

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

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 1

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 2

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 3

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

I AM WORTHY OF INCREASING MY INCOME.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 4

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 5

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 6

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 7

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 8

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 9

MOOD:



TODO:

- [illegible]

NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 10

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I FORGIVE MYSELF.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 11

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM STRONG AND I AM POWERFUL.

SATURDAY

7

9

11

13

15

17

19

21

23

1

3

5

JANUARY 13



○

○

○

○

○

○

○

○

○

○

NOTES:

I DESERVE TO BE HAPPY.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 14

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM ENOUGH.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 15

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 16

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐




NOTES:

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

WEDNESDAY

JANUARY 17

6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
0
1
2
3
4
5

MOOD:   

TODO:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NOTES:

TODAY IS GOING TO BE THE BEST DAY.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 18

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I DESERVE SELF-CARE.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 19

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SATURDAY

7

9

11

13

15

17

19

21

23

1

2

3

4

5

JANUARY 20

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 21

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I ATTRACT OPPORTUNITY.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 22

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I LOVE MY BODY.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 23

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM DETERMINED TO SUCCEED.

WEDNESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 24

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I CHOOSE TO BE OPTIMISTIC.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 25

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 26

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I AM RESILIENT.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 27

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

SUNDAY

7

9

11

13

15

17

19

21

23

1

3

5

JANUARY 28



○



NOTES:

I ACCEPT THE GOOD THINGS THAT ARE
COMING MY WAY.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I NO LONGER FEAR THE UNKNOWN.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 30

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JANUARY 31

MOOD:



TODO:

- [illegible]

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 ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 1

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 2

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 3

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 4

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

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

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 5

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 6

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

DONE IS BETTER THAN PERFECT.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 7

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 8

MOOD:



TODO:

- [illegible]

NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 9

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES
ABOUT MYSELF.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 10

MOOD:



TODO:

- [illegible]

NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 11

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 13

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM A MONEY MAGNET.

WEDNESDAY

FEBRUARY 14

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 15

MOOD:



TODO:

- [illegible]

NOTES:

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

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 16

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 17

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

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

SUNDAY

7

9

11

13

15

17

19

21

23

1

3

5

FEBRUARY 18



○



NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 19

MOOD:



TODO:

- [illegible]

NOTES:

I AM TALENTED AND INTELLIGENT.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 20

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

MY POSSIBILITIES ARE ENDLESS.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 21

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I AM DOING MY BEST.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 22

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 23

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM LOVED.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 24

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I HAVE A PURPOSE.

SUNDAY

7

9

11

13

15

17

19

21

23

1

3

5

FEBRUARY 25



○

○

○

○

○

○

○

○

○

○

NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

MONDAY

7

9

11

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 26

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY GOALS ARE ATTAINABLE.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 27

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 28

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I AM GRATEFUL TO BE ALIVE.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

FEBRUARY 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

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

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 1

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM MOTIVATED.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 2

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 3

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 4

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 5

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM CONFIDENT.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 6

MOOD:



TODO:

- [illegible]

NOTES:

I AM LIMITLESS.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 7

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 8

MOOD:



TODO:

- [illegible]

NOTES:

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

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 9

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM IN CONTROL.

SUNDAY

7

9

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 10

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM PROUD OF WHO I AM.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 11

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 12

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 13

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 14

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

EVERYDAY I AM BECOMING WEALTHIER.

FRIDAY

7

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 15

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 16

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 17

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM STRONGER THAN MY EXCUSES.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 18

MOOD:



TODO:

- [illegible]

NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 19

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I BELIEVE IN THE WOMAN I AM BECOMING.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 20

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM UNAFFECTED BY THE JUDGEMENT
OF OTHERS.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 21

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM HEALTHY AND HAPPY.

FRIDAY

7

9

11

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 22

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM VALUABLE.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 23

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒

NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 24

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM READY TO MANIFEST ABUNDANCE.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 25

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 26

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 27

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 28

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I DON'T FAIL, I LEARN.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I WILL ACHIEVE THE GOALS I SET.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 30

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I TAKE ACTION TOWARDS MY GOALS EVERYDAY.

SUNDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MARCH 31

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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 ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

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

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 1

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM KIND AND I AM PATIENT.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 2

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM MANIFESTING MY DREAM LIFE.

WEDNESDAY

APRIL 3

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 4

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 5

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

SATURDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 6

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM PREPARED FOR NEW CHALLENGES.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 7

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I ATTRACT THE LOVE I DESIRE.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 8

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I HAVE THE POWER TO CREATE CHANGE.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 9

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I CHOOSE WHAT I BECOME

WEDNESDAY

7

9

11

13

15

17

19

21

23

1

3

5

APRIL 10

MOOD:



TODO:

- [illegible]

NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 11

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM WORTHY OF INCREASING MY INCOME.

SATURDAY

7

9

11

13

15

17

19

21

23

1

3

5

APRIL 13



○

○

○

○

○

○

○

○

○

○

NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 14

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 15

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 16

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒

NOTES:

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

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 17

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 18

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

FRIDAY

7

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 19

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I FORGIVE MYSELF.

SATURDAY

APRIL 20

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 21

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM STRONG AND I AM POWERFUL.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 22

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I DESERVE TO BE HAPPY.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 23

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM ENOUGH.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 24

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 25

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 26

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY IS GOING TO BE THE BEST DAY.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 27

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I DESERVE SELF-CARE.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 28

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 29

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

APRIL 30

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I ATTRACT OPPORTUNITY.

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:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I LOVE MY BODY.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 2

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM DETERMINED TO SUCCEED.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 3

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I CHOOSE TO BE OPTIMISTIC.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 4

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 5

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM RESILIENT.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 6

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 7

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒

NOTES:

I ACCEPT THE GOOD THINGS THAT ARE
COMING MY WAY.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 9

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 10

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM ENOUGH.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 11

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

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

SUNDAY

7

9

11

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 13

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 14

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 16

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

DONE IS BETTER THAN PERFECT.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 17

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 18

MOOD:



TODO:

- [illegible]

NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

SUNDAY

MAY 19

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 20

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 21

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

WEDNESDAY

MAY 22

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 23

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM A MONEY MAGNET.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 24

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

SATURDAY

MAY 25

MOOD:



TODO:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NOTES:

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

SUNDAY

MAY 26

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

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

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 27

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 28

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

WEDNESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

2

22

23

0

1

2

3

4

5

MAY 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM TALENTED AND INTELLIGENT.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 30

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY POSSIBILITIES ARE ENDLESS.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MAY 31

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM DOING MY BEST.

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 ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 1

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 2

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM LOVED.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 3

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I HAVE A PURPOSE.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 4

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 5

MOOD:



TODO:

NOTES:

MY GOALS ARE ATTAINABLE.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 6

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐ ☐

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 7

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM GRATEFUL TO BE ALIVE.

SATURDAY

JUNE 8

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

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

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 9

MOOD:



TODO:

NOTES:

I AM MOTIVATED.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 10

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 11

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 12

MOOD:



TODO:

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 13

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM CONFIDENT.

FRIDAY

7

9

11

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 14

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM LIMITLESS.

SATURDAY

7

9

11

13

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 15

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

SUNDAY

7

9

11

13

15

17

19

21

23

1

3

5

JUNE 16



○



NOTES:

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

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 17

MOOD:



TODO:

NOTES:

I AM IN CONTROL.

TUESDAY

JUNE 18

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM PROUD OF WHO I AM.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 20

MOOD:



TODO:

NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 21

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 22

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

EVERYDAY I AM BECOMING WEALTHIER.

SUNDAY

7

9

11

13

15

17

19

21

23

1

2

3

4

5

JUNE 23

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 24

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 25

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM STRONGER THAN MY EXCUSES.

WEDNESDAY

7

9

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JUNE 26

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

GOOD THINGS ARE GOING TO HAPPEN.



3

4

5



SATURDAY

7

9

11

13

15

17

18

19

21

23

1

2

3

4

5

JUNE 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM HEALTHY AND HAPPY.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

21

22

23

0



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 ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:



WEDNESDAY

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 4

MOOD:



TODO:

NOTES:

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

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 5

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

SATURDAY

JULY 6

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

I DON'T FAIL, I LEARN.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 7

MOOD:



TODO:

NOTES:

I WILL ACHIEVE THE GOALS I SET.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 8

MOOD:



TODO:

NOTES:

I TAKE ACTION TOWARDS MY GOALS EVERYDAY.

TUESDAY

6

7

8

9

10

11

12

13

15

16

17

18

19

20





THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 11

MOOD:



TODO:

NOTES:

I AM MANIFESTING MY DREAM LIFE.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 13

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 14

MOOD:



TODO:

NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 15

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM PREPARED FOR NEW CHALLENGES.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 16

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I ATTRACT THE LOVE I DESIRE.

WEDNESDAY

JULY 17

MOOD:



TODO:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NOTES:

I HAVE THE POWER TO CREATE CHANGE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 18

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I CHOOSE WHAT I BECOME



- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

SATURDAY

JULY 20

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

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

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS





TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 23

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

20

22

23

0

1

2

3

4



THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 25

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 26

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 27

MOOD:



TODO:

NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 28

MOOD:



TODO:

NOTES:

I FORGIVE MYSELF.

MONDAY

7

9

11

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

JULY 30

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM STRONG AND I AM POWERFUL.

WEDNESDAY

JULY 31

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I DESERVE TO BE HAPPY.

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 1

MOOD:



TODO:

NOTES:

I AM ENOUGH.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 2

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 3



- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 4

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY IS GOING TO BE THE BEST DAY.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

20

3



NOTES:

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 6

MOOD:



TODO:

NOTES:

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

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 7

MOOD:



TODO:

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 8

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I ATTRACT OPPORTUNITY.

FRIDAY

6

14

16

19

4

MOOD:



NOTES:

I LOVE MY BODY.

SATURDAY

7

9

17

21

AUGUST 10



SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 11

MOOD:



TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 13

MOOD:



TODO:

NOTES:

I AM RESILIENT.

WEDNESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 14

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 15

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I ACCEPT THE GOOD THINGS THAT ARE COMING MY WAY.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 16

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I NO LONGER FEAR THE UNKNOWN.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 17

MOOD:



TODO:

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 18

MOOD:



TODO:

NOTES:

I AM ENOUGH.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 19

MOOD:



TODO:

NOTES:

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

TUESDAY

6



WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18



THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 22

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 23

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

2

3

4

AUGUST 24

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

DONE IS BETTER THAN PERFECT.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 25

MOOD:



TODO:

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 26

MOOD:



TODO:

NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 27

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

WEDNESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 28

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 29

MOOD:



TODO:

NOTES:

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

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

2'

22

23

0

1

2

3

4

5

AUGUST 30

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

AUGUST 31

MOOD:



TODO:

NOTES:

I AM A MONEY MAGNET.

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 1

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

MONDAY

7

9

11

13

15

17

19

21

23

1

3

5

SEPTEMBER 2



○



NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 3

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 4

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 5

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 6

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM TALENTED AND INTELLIGENT.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 7

MOOD:



TODO:

- [illegible]

NOTES:

MY POSSIBILITIES ARE ENDLESS.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 8

MOOD:



TODO:

- [illegible]

NOTES:

I AM DOING MY BEST.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 9

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 10

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM LOVED.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 11

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I HAVE A PURPOSE.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

FRIDAY

7

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 13

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY GOALS ARE ATTAINABLE.

SATURDAY

7

9

11

13

15

17

19

21

23

1

3

5

SEPTEMBER 14



○



NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 15

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM GRATEFUL TO BE ALIVE.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 16

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 17

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM MOTIVATED.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 18

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 19

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 20

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SATURDAY

7

9

11

13

15

17

19

21

23

1

3

5

SEPTEMBER 21



○

○

○

○

○

○

○

○

○

○

NOTES:

1

I AM CONFIDENT.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 22

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM LIMITLESS.

MONDAY

7

9

11

13

15

17

19

21

23

1

3

5

SEPTEMBER 23



○

○

○

○

○

○

○

○

○

○

NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 24

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 25

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

I AM IN CONTROL.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 26

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM PROUD OF WHO I AM.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 27

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 28

MOOD:



TODO:

NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

SEPTEMBER 29

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

MONDAY

7

9

11

13

15

17

19

21

23

1

3

5

SEPTEMBER 30

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

EVERYDAY I AM BECOMING WEALTHIER.

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 1

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 2

MOOD:



TODO:

NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 3

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM STRONGER THAN MY EXCUSES.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 4

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

SATURDAY

OCTOBER 5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

I BELIEVE IN THE WOMAN I AM BECOMING.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 6

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM UNAFFECTED BY THE JUDGEMENT
OF OTHERS.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 7

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM HEALTHY AND HAPPY.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 8

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM VALUABLE.

WEDNESDAY

7

9

11

13

15

17

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 9

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 10

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒

NOTES:

I AM READY TO MANIFEST ABUNDANCE.

FRIDAY

7

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 11

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 13

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 14

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒

NOTES:

I DON'T FAIL, I LEARN.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 15

MOOD:



TODO:

- [illegible]

NOTES:

I WILL ACHIEVE THE GOALS I SET.

WEDNESDAY

OCTOBER 16

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

I TAKE ACTION TOWARDS MY GOALS
EVERYDAY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

THURSDAY

OCTOBER 17

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

I AM WORTHY OF MY GOALS AND DREAMS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 18

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM KIND AND I AM PATIENT.

SATURDAY

OCTOBER 19

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

I AM MANIFESTING MY DREAM LIFE.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 20

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 21

MOOD:



TODO:

- [illegible]

NOTES:

I CHOOSE TO LET GO OF ALL MY ANGER.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 22

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 23

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM PREPARED FOR NEW CHALLENGES.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 24

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐ ☐

NOTES:

I ATTRACT THE LOVE I DESIRE.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 25

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I HAVE THE POWER TO CREATE CHANGE.

SATURDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 26

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I CHOOSE WHAT I BECOME

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 27

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 28

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM WORTHY OF INCREASING MY INCOME.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 30

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

OCTOBER 31

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE
NEGATIVITY.

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

FRIDAY

7

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 1

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

SATURDAY

7

9

11

13

15

17

19

21

23

1

3

5

NOVEMBER 2



○

○

○

○

○

○

○

○

○

○

NOTES:

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

SUNDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 3

MOOD:   

TODO:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NOTES:

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

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 4

MOOD:



TODO:

- [illegible]

NOTES:

I AM A MAGNET FOR POSITIVITY AND BLESSINGS.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 5

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I FORGIVE MYSELF.

WEDNESDAY

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 7

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM STRONG AND I AM POWERFUL.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 8

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I DESERVE TO BE HAPPY.

SATURDAY

7

9

11

13

15

17

19

21

23

1

2

3

4

5

NOVEMBER 9



○



NOTES:

I AM ENOUGH.

SUNDAY

7

9

11

13

15

17

19

21

23

1

3

5

NOVEMBER 10



○



NOTES:

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

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 11

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 12

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

TODAY IS GOING TO BE THE BEST DAY.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 13

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I DESERVE SELF-CARE.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 15

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 17

MOOD:



TODO:

- [illegible]

NOTES:

I LOVE MY BODY.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 19

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I CHOOSE TO BE OPTIMISTIC.

WEDNESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 20

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 21

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM RESILIENT.

FRIDAY

7

9

11

13

15

17

19

21

23

1

3

5

NOVEMBER 22



○

○

○

○

○

○

○

○

○

○

NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

SATURDAY

7

9

11

13

15

17

19

21

23

1

3

5

NOVEMBER 23



○

○

○

○

○

○

○

○

○

○

NOTES:

I ACCEPT THE GOOD THINGS THAT ARE COMING MY WAY.

SUNDAY

7

9

11

13

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 24

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I NO LONGER FEAR THE UNKNOWN.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 25

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 26

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM ENOUGH.

WEDNESDAY

NOVEMBER 27

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 28

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

NOVEMBER 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

SATURDAY

NOVEMBER 30

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

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

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

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

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 1

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 2

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

DONE IS BETTER THAN PERFECT.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 3

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

WEDNESDAY

DECEMBER 4

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 6

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

SATURDAY

7

9

11

13

15

17

19

21

23

1

3

5

DECEMBER 7



○



NOTES:

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

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 8

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 9

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM A MONEY MAGNET.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 10

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 11

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐ ☐

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 12

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 13

MOOD:



TODO:

- [illegible]

NOTES:

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

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 14

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

SUNDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 15

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM TALENTED AND INTELLIGENT.

MONDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 16

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY POSSIBILITIES ARE ENDLESS.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 17

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I AM DOING MY BEST.

WEDNESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 18

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

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

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 19

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM LOVED.

FRIDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 20

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I HAVE A PURPOSE.

SATURDAY

DECEMBER 21

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

MOOD:



TODO:

○

○

○

○

○

○

○

○

○

○

NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

7

9

11

13

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 22

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

MY GOALS ARE ATTAINABLE.

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 23

MOOD:



TODO:

- [illegible]

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 24

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM GRATEFUL TO BE ALIVE.

WEDNESDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 25

MOOD:



TODO:

- [illegible]

NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

THURSDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 26

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☒ ☐

NOTES:

I AM MOTIVATED.

FRIDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 27

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

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

SATURDAY

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 28

MOOD:



TODO:

- ○
○
○
○
○
○
○
○
○

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

SUNDAY

7

9

11

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 29

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

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

MONDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 30

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I AM CONFIDENT.

TUESDAY

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

DECEMBER 31

MOOD:



TODO:

- ☐ ☐ ☐ ☐ ☐

NOTES:

I AM LIMITLESS.

STICKERS