

2024

JANUARY

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

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

SPENT:

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

EARNED:

MONDAY

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JANUARY 1



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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

MAY

TUESDAY

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JANUARY 2

MOOD:



TODO:

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NOTES:

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

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JANUARY 3

MOOD:



TODO:

- [illegible]

NOTES:

I AM WORTHY OF INCREASING MY INCOME.

THURSDAY

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JANUARY 4

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TODO:

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NOTES:

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

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JANUARY 8



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NOTES:

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

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WEDNESDAY

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JANUARY 10

MOOD:



TODO:

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NOTES:

I FORGIVE MYSELF.

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JANUARY 12

MOOD:



TODO:

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NOTES:

I AM STRONG AND I AM POWERFUL.

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SATURDAY

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JANUARY 13

MOOD:



TODO:

- [illegible]

NOTES:

I DESERVE TO BE HAPPY.

SUNDAY

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JANUARY 14



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NOTES:

I AM ENOUGH.

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JANUARY 15



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NOTES:

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

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WEDNESDAY

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JANUARY 17

MOOD:



TODO:

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NOTES:

TODAY IS GOING TO BE THE BEST DAY.

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.

MAY

SATURDAY

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JANUARY 20

MOOD:



TODO:

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NOTES:

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

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JANUARY 21



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NOTES:

I ATTRACT OPPORTUNITY.

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JANUARY 22

MOOD:



TODO:

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NOTES:

I LOVE MY BODY.

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JANUARY 23

MOOD:



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NOTES:

I AM DETERMINED TO SUCCEED.

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JANUARY 25

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NOTES:

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

FRIDAY

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JANUARY 26

MOOD:



TODO:

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NOTES:

I AM RESILIENT.

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JANUARY 28

MOOD: 😊 😐 😞

TODO:

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NOTES:

I ACCEPT THE GOOD THINGS THAT ARE COMING MY WAY.

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JANUARY 29



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NOTES:

I NO LONGER FEAR THE UNKNOWN.

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WEDNESDAY

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JANUARY 31



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NOTES:

I AM ENOUGH.

FEBRUARY

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

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

FRIDAY

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FEBRUARY 2

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NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

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FEBRUARY 6

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NOTES:

DONE IS BETTER THAN PERFECT.

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FEBRUARY 7

MOOD:



TODO:

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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

SATURDAY

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FEBRUARY 10



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NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

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FEBRUARY 12



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NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

TUESDAY

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FEBRUARY 13

MOOD: 😊 😐 😞

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NOTES:

I AM A MONEY MAGNET.

WEDNESDAY

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FEBRUARY 14

MOOD:



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NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

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FEBRUARY 17



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NOTES:

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

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SUNDAY

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FEBRUARY 18



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NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

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FEBRUARY 19



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NOTES:

I AM TALENTED AND INTELLIGENT.

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FEBRUARY 20

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NOTES:

MY POSSIBILITIES ARE ENDLESS.

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FEBRUARY 23



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NOTES:

I AM LOVED.

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FEBRUARY 26

MOOD:



TODO:

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NOTES:

MY GOALS ARE ATTAINABLE.

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FEBRUARY 28

MOOD:

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TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

MARCH

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

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT:

EARNED:

MONDAY

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MARCH 4



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NOTES:

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

MAY

TUESDAY

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MARCH 5

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NOTES:

I AM CONFIDENT.

SATURDAY

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MARCH 9

MOOD:



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NOTES:

I AM IN CONTROL.

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MARCH 15

MOOD:

TODO:

NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

SATURDAY

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MARCH 16

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NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

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MARCH 18

MOOD:



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NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

SATURDAY

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MARCH 23



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NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

MONDAY

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MARCH 25

MOOD:



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NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

WEDNESDAY

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MARCH 27



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NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

THURSDAY

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MARCH 28

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TODO:

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NOTES:

I DON'T FAIL, I LEARN.

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MARCH 29



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NOTES:

I WILL ACHIEVE THE GOALS I SET.

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SATURDAY

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MARCH 30



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NOTES:

I TAKE ACTION TOWARDS MY GOALS
EVERYDAY.

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MARCH 31

MOOD: 😊 😐 😞

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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?

SPENT:

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

EARNED:

MONDAY

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APRIL 1

MOOD:



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NOTES:

I AM KIND AND I AM PATIENT.

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APRIL 3

MOOD:



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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

SATURDAY

APRIL 6

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NOTES:

I AM PREPARED FOR NEW CHALLENGES.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

STICKERS

SUNDAY

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APRIL 7

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NOTES:

I ATTRACT THE LOVE I DESIRE.

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APRIL 8

MOOD:



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NOTES:

I HAVE THE POWER TO CREATE CHANGE.

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APRIL 9

MOOD:



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NOTES:

I CHOOSE WHAT I BECOME

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APRIL 13



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NOTES:

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

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APRIL 14

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NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE NEGATIVITY.

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I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

SATURDAY

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APRIL 20

MOOD:



TODO:

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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

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APRIL 22

MOOD:



TODO:

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NOTES:

I DESERVE TO BE HAPPY.

TUESDAY

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APRIL 23

MOOD:



TODO:

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NOTES:

I AM ENOUGH.

FRIDAY

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APRIL 26

MOOD:



TODO:

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NOTES:

TODAY IS GOING TO BE THE BEST DAY.

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 ACHIEVE 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.

FRIDAY

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MAY 3

MOOD:



TODO:

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NOTES:

I CHOOSE TO BE OPTIMISTIC.

SUNDAY

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MAY 5

MOOD:



TODO:

- ☐ ☐ ☐ ☒ ☐

NOTES:

I AM RESILIENT.

MONDAY

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MAY 6

MOOD:



TODO:

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NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

WEDNESDAY

MAY 8

MOOD:



TODO:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOTES:

I NO LONGER FEAR THE UNKNOWN.

SATURDAY

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MAY 11

MOOD:

TODO:

NOTES:

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

TUESDAY

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MAY 14

MOOD:   

TODO:

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NOTES:

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

WEDNESDAY

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MAY 15

MOOD:   

TODO:

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NOTES:

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

THURSDAY

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MAY 16

MOOD:



TODO:

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NOTES:

DONE IS BETTER THAN PERFECT.

FRIDAY

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MOOD:



TODO:

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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

MAY

SATURDAY

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MAY 18



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NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

MONDAY

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MAY 20

MOOD:



TODO:

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NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

WEDNESDAY

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MAY 22



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NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

THURSDAY

MAY 23

MOOD:



TODO:

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NOTES:

I AM A MONEY MAGNET.

FRIDAY

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MAY 24

MOOD:



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NOTES:

I HAVE THE POWER TO CREATE THE LIFE I
DESIRE.

MAY

MONDAY

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MAY 27



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NOTES:

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

MAY

WEDNESDAY

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MAY 29



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NOTES:

I AM TALENTED AND INTELLIGENT.

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:

SUNDAY

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JUNE 2

MOOD:



TODO:

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NOTES:

I AM LOVED.

MONDAY

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JUNE 3

MOOD:



TODO:

- [illegible]

NOTES:

I HAVE A PURPOSE.

FRIDAY

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JUNE 7

MOOD:



TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

SUNDAY

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JUNE 9

MOOD:



TODO:

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NOTES:

I AM MOTIVATED.

MONDAY

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JUNE 10



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NOTES:

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

FRIDAY

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JUNE 14

MOOD:

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TODO:

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NOTES:

I AM LIMITLESS.

SUNDAY

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JUNE 16

MOOD:

TODO:

NOTES:

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

TUESDAY

JUNE 18

MOOD:



TODO:

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NOTES:

I AM PROUD OF WHO I AM.

WEDNESDAY

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JUNE 19

MOOD:



TODO:

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NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

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.

SATURDAY

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JUNE 22



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NOTES:

EVERYDAY I AM BECOMING WEALTHIER.

SUNDAY

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JUNE 23



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NOTES:

I AM IN ALIGNMENT WITH MY SOUL
PURPOSE.

TUESDAY

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JUNE 25

MOOD: 😊 😐 😞

TODO:

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NOTES:

I AM STRONGER THAN MY EXCUSES.

WEDNESDAY

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JUNE 26

MOOD:



TODO:

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NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

THURSDAY

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JUNE 27

MOOD:



TODO:

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NOTES:

I BELIEVE IN THE WOMAN I AM BECOMING.

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JUNE 28

MOOD:



TODO:

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NOTES:

I AM UNAFFECTED BY THE JUDGEMENT
OF OTHERS.

SATURDAY

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JUNE 29

MOOD:



TODO:

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NOTES:

I AM HEALTHY AND HAPPY.

SUNDAY

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JUNE 30

MOOD:



TODO:

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NOTES:

I AM VALUABLE.

JULY

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

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

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



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NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

MAY

WEDNESDAY

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JULY 3

MOOD:



TODO:

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NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

FRIDAY

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JULY 5

MOOD:

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TODO:

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NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

SATURDAY

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JULY 6

MOOD:



TODO:

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NOTES:

I DON'T FAIL, I LEARN.

SUNDAY

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JULY 7

MOOD:



TODO:

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NOTES:

I WILL ACHIEVE THE GOALS I SET.

WEDNESDAY

JULY 10

MOOD:



TODO:

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NOTES:

I AM KIND AND I AM PATIENT.

THURSDAY

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JULY 11

MOOD: 😊 😐 😞

TODO:

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NOTES:

I AM MANIFESTING MY DREAM LIFE.

FRIDAY

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JULY 12

MOOD:



TODO:

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NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

FRIDAY

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JULY 19

MOOD:



TODO:

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NOTES:

TODAY AND EVERYDAY I CHOOSE TO BE
HAPPY

MAY

SUNDAY

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JULY 21

MOOD:

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TODO:

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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

MONDAY

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JULY 22

MOOD:



TODO:

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NOTES:

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

WEDNESDAY

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JULY 24

MOOD:



TODO:

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NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

SUNDAY

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JULY 28



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NOTES:

I FORGIVE MYSELF.

MAY

MONDAY

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JULY 29

MOOD:



TODO:

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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

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?

SPENT:

REFLECTION

WHAT DID YOU ACHIEVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

EARNED:

FRIDAY

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AUGUST 2



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NOTES:

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

MONDAY

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AUGUST 5

MOOD:

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TODO:

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NOTES:

I DESERVE SELF-CARE.

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.

FRIDAY

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AUGUST 9

MOOD: 😊 😐 😞

TODO:

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NOTES:

I LOVE MY BODY.

SUNDAY

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AUGUST 11



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NOTES:

I CHOOSE TO BE OPTIMISTIC.

MONDAY

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AUGUST 12



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NOTES:

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

MAY

WEDNESDAY

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AUGUST 14

MOOD:



TODO:

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NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

FRIDAY

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AUGUST 16

MOOD:



TODO:

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NOTES:

I NO LONGER FEAR THE UNKNOWN.

SATURDAY

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AUGUST 17



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NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

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.

MAY

WEDNESDAY

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AUGUST 21

MOOD:



TODO:

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NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

FRIDAY

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AUGUST 23

MOOD:



TODO:

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NOTES:

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

SUNDAY

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AUGUST 25



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NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

MAY

TUESDAY

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AUGUST 27

MOOD: 😊 😐 😞

TODO:

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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

WEDNESDAY

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AUGUST 28

MOOD:



TODO:

- [illegible]

NOTES:

TODAY I CHOOSE TO MAKE MYSELF
HAPPY.

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.

TUESDAY

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SEPTEMBER 3

MOOD:

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TODO:

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NOTES:

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

THURSDAY

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SEPTEMBER 5

MOOD:

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TODO:

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NOTES:

I WILL NOT COMPARE MYSELF TO OTHERS.

SATURDAY

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SEPTEMBER 7



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NOTES:

MY POSSIBILITIES ARE ENDLESS.

SUNDAY

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SEPTEMBER 8

MOOD:



TODO:

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NOTES:

I AM DOING MY BEST.

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SEPTEMBER 9

MOOD:



TODO:

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NOTES:

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

MAY

TUESDAY

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SEPTEMBER 10

MOOD: 😊 😐 😞

TODO:

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NOTES:

I AM LOVED.

WEDNESDAY

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SEPTEMBER 11

MOOD:



TODO:

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NOTES:

I HAVE A PURPOSE.

FRIDAY

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SEPTEMBER 13

MOOD:



TODO:

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NOTES:

MY GOALS ARE ATTAINABLE.

MAY

SATURDAY

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SEPTEMBER 14



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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

SUNDAY

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SEPTEMBER 15

MOOD:



TODO:

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NOTES:

I AM GRATEFUL TO BE ALIVE.

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SEPTEMBER 16

MOOD:



TODO:

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NOTES:

I TRUST MY INTUITION AND I ALWAYS
MAKE WISE DECISIONS.

TUESDAY

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SEPTEMBER 17

MOOD:

TODO:

NOTES:

I AM MOTIVATED.

WEDNESDAY

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SEPTEMBER 18



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NOTES:

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

MAY

SATURDAY

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SEPTEMBER 21

MOOD:



TODO:

- [illegible]

NOTES:

I AM CONFIDENT.

MONDAY

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SEPTEMBER 23



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NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

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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.

WEDNESDAY

SEPTEMBER 25

MOOD:



TODO:

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NOTES:

I AM IN CONTROL.

THURSDAY

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SEPTEMBER 26

MOOD:   

TODO:

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NOTES:

I AM PROUD OF WHO I AM.

FRIDAY

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SEPTEMBER 27

MOOD:



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NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

OCTOBER

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

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

HOW DID YOU FEEL ABOUT THIS MONTH?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

WEDNESDAY

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OCTOBER 2

MOOD:



TODO:

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NOTES:

EVERY OBSTACLE IS AN OPPORTUNITY TO GROW.

MONDAY

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OCTOBER 7



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NOTES:

I AM HEALTHY AND HAPPY.

MAY

TUESDAY

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OCTOBER 8

MOOD:   

TODO:

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NOTES:

I AM VALUABLE.

WEDNESDAY

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OCTOBER 9



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NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

FRIDAY

OCTOBER 11

MOOD:



TODO:

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NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

MAY

SATURDAY

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OCTOBER 12



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NOTES:

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

MONDAY

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OCTOBER 14

MOOD:



TODO:

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NOTES:

I DON'T FAIL, I LEARN.

MAY

TUESDAY

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OCTOBER 15

MOOD: 😊 😐 😞

TODO:

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NOTES:

I WILL ACHIEVE THE GOALS I SET.

FRIDAY

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OCTOBER 18

MOOD:



TODO:

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NOTES:

I AM KIND AND I AM PATIENT.

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

FRIDAY

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OCTOBER 25



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NOTES:

I HAVE THE POWER TO CREATE CHANGE.

SATURDAY

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OCTOBER 26



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NOTES:

I CHOOSE WHAT I BECOME

MONDAY

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OCTOBER 28

MOOD:



TODO:

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NOTES:

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

TUESDAY

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OCTOBER 29

MOOD: 😊 😐 😞

TODO:

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NOTES:

I AM WORTHY OF INCREASING MY INCOME.

WEDNESDAY

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OCTOBER 30



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NOTES:

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

THURSDAY

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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

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NOVEMBER 1



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NOTES:

I MAKE PEACE WITH WHAT I CAN'T
CONTROL.

MAY

SATURDAY

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NOVEMBER 2



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NOTES:

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

SUNDAY

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NOVEMBER 3

MOOD:

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TODO:

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NOTES:

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

WEDNESDAY

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NOVEMBER 6

MOOD:



TODO:

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NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

FRIDAY

NOVEMBER 8

MOOD:



TODO:

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NOTES:

I DESERVE TO BE HAPPY.

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SATURDAY

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NOVEMBER 9



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NOTES:

I AM ENOUGH.

SUNDAY

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NOVEMBER 10

MOOD:

TODO:

NOTES:

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

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.

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WEDNESDAY

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NOVEMBER 13

MOOD:



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NOTES:

I DESERVE SELF-CARE.

FRIDAY

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NOVEMBER 15



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NOTES:

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

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MONDAY

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NOVEMBER 18



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NOTES:

I AM DETERMINED TO SUCCEED.

MAY

WEDNESDAY

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NOVEMBER 20

MOOD:



TODO:

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NOTES:

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

THURSDAY

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NOVEMBER 21

MOOD:   

TODO:

NOTES:

I AM RESILIENT.

FRIDAY

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NOVEMBER 22



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NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

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SATURDAY

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NOVEMBER 23



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NOTES:

I ACCEPT THE GOOD THINGS THAT ARE
COMING MY WAY.

MONDAY

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NOVEMBER 25



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NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

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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.

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.

MONDAY

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DECEMBER 2

MOOD:



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NOTES:

DONE IS BETTER THAN PERFECT.

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DECEMBER 13

MOOD:



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NOTES:

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

SUNDAY

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DECEMBER 15

MOOD:

TODO:

NOTES:

I AM TALENTED AND INTELLIGENT.

MONDAY

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DECEMBER 16



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NOTES:

MY POSSIBILITIES ARE ENDLESS.

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DECEMBER 18

MOOD:



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NOTES:

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

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DECEMBER 19

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NOTES:

I AM LOVED.

FRIDAY

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DECEMBER 20

MOOD:



TODO:

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NOTES:

I HAVE A PURPOSE.

MAY

SATURDAY

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DECEMBER 21



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NOTES:

MY COURAGE AND STRENGTH ARE MORE
POWERFUL THAN MY DOUBTS.

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DECEMBER 23

MOOD:



TODO:

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NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

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DECEMBER 24

MOOD:



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NOTES:

I AM GRATEFUL TO BE ALIVE.

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DECEMBER 26

MOOD:

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NOTES:

I AM MOTIVATED.

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DECEMBER 27

MOOD:



TODO:

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NOTES:

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

MAY

SATURDAY

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DECEMBER 28



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NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

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DECEMBER 29

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NOTES:

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

MONDAY

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DECEMBER 30

MOOD:



TODO:

- [illegible]

NOTES:

I AM CONFIDENT.

STICKERS