JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

STICKERS

STICKERS

MONDAY

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JANUARY 2

MOOD:







TODO:

NOTES:

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

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JANUARY 3

MOOD:







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JANUARY 4

MOOD:







TODO:

NOTES:

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

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JANUARY 5

MOOD:







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JANUARY 6

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JANUARY 7

MOOD:







TODO:

NOTES:

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

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JANUARY 8

MOOD:







TODO:

TUESDAY

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JANUARY 9

MOOD:







TODO:

NOTES:

I AM A MAGNET FOR POSITIVITY AND

BLESSINGS.

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JANUARY 10

MOOD:







TODO:

NOTES:

I FORGIVE MYSELF.

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JANUARY 11

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JANUARY 12

MOOD:







TODO:

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JANUARY 13

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TODO:

NOTES:

I DESERVE TO BE HAPPY.

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JANUARY 14

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TODO:

NOTES:

I AM ENOUGH.

STICKERS

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JANUARY 15

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STICKERS

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JANUARY 16

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JANUARY 17

MOOD:







TODO:

STICKERS

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JANUARY 18







TODO:

NOTES:

I DESERVE SELF-CARE.

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JANUARY 19

MOOD:







TODO:

NOTES:

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

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JANUARY 20

MOOD:







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JANUARY 21







TODO:

NOTES:

I ATTRACT OPPORTUNITY.

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JANUARY 22

MOOD:







TODO:

NOTES:

I LOVE MY BODY.

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JANUARY 23

MOOD:







TODO:

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JANUARY 24

MOOD:







TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

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JANUARY 25

MOOD:







TODO:

NOTES:

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

FRIDAY

JANUARY 26

MOOD:







TODO:

NOTES:

I AM RESILIENT.

SATURDAY

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JANUARY 27

MOOD:







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JANUARY 28

MOOD:







TODO:

NOTES:

I ACCEPT THE GOOD THINGS THAT ARE COMING MY WAY.

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JANUARY 29

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JANUARY 30

MOOD:







TODO:

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

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JANUARY 31

MOOD:







TODO:

NOTES:

I AM ENOUGH.

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

THURSDAY

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FEBRUARY 2

MOOD:







TODO:

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FEBRUARY 3

MOOD:







TODO:

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

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FEBRUARY 4

MOOD:







TODO:

NOTES:

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

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FEBRUARY 5

MOOD:







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NOTES:

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

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FEBRUARY 6

MOOD:







TODO:

NOTES:

DONE IS BETTER THAN PERFECT.

STICKERS

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FEBRUARY 7

MOOD:







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THURSDAY

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FEBRUARY 8

MOOD:







TODO:

NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

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FEBRUARY 9

MOOD:







TODO:

NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

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FEBRUARY 10

MOOD:







TODO:

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FEBRUARY 11

MOOD:







TODO:

NOTES:

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

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FEBRUARY 12

MOOD:







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FEBRUARY 13

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NOTES:

I AM A MONEY MAGNET.

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FEBRUARY 14

MOOD:







TODO:

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

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FEBRUARY 15

MOOD:







TODO:

NOTES:

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

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FEBRUARY 16

MOOD:







TODO:

NOTES:

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

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FEBRUARY 17

MOOD:







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NOTES:

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

STICKERS

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FEBRUARY 18

MOOD:







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FEBRUARY 19

MOOD:







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NOTES:

I AM TALENTED AND INTELLIGENT.

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FEBRUARY 20

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TODO:

NOTES:

MY POSSIBILITIES ARE ENDLESS.

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FEBRUARY 21







TODO:

NOTES:

I AM DOING MY BEST.

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FEBRUARY 22

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TODO:

NOTES:

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

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FEBRUARY 23

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FEBRUARY 24

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TODO:

NOTES:

I HAVE A PURPOSE.

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FEBRUARY 25

MOOD:







TODO:

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FEBRUARY 26

MOOD:







TODO:

TUESDAY

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FEBRUARY 27

MOOD:







TODO:

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

WEDNESDAY

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FEBRUARY 28

MOOD:







TODO:

NOTES:

I AM GRATEFUL TO BE ALIVE.

THURSDAY

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FEBRUARY 29

MOOD:







TODO:

NOTES:

I TRUST MY INTUITION AND I ALWAYS MAKE WISE DECISIONS.

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

FRIDAY

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MARCH 1

MOOD:







TODO:

NOTES:

I AM MOTIVATED.

SATURDAY

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MARCH 2

MOOD:







TODO:

SUNDAY

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MARCH 3

MOOD:







TODO:

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

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MARCH 4

MOOD:







TODO:

NOTES:

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

TUESDAY

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MARCH 5

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TODO:

NOTES:

I AM CONFIDENT.

STICKERS

WEDNESDAY

MARCH 6

MOOD:







TODO:

NOTES:

I AM LIMITLESS.

THURSDAY

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MARCH 7

MOOD:







TODO:

FRIDAY

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MARCH 8

MOOD:







TODO:

STICKERS

SATURDAY

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MARCH 9

MOOD:







TODO:

NOTES:

I AM IN CONTROL.

SUNDAY

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MARCH 10

MOOD:	6
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MARCH 11

MOOD:







TODO:

TUESDAY

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MARCH 12

MOOD:







TODO:

STICKERS

WEDNESDAY

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MARCH 13

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STICKERS

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MARCH 14

MOOD:







TODO:

FRIDAY

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I AM IN ALIGNMENT WITH MY SOUL

PURPOSE.

MARCH 15

SATURDAY

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MARCH 16

MOOD:







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MARCH 17

MOOD:







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MARCH 18

MOOD:







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MARCH 19

MOOD:







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MARCH 20

MOOD:







TODO:

NOTES:

I AM UNAFFECTED BY THE JUDGEMENT OF OTHERS.

STICKER

THURSDAY

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22 23

MARCH 21

MOOD:







TODO:

NOTES:

I AM HEALTHY AND HAPPY.

FRIDAY

22 23

MARCH 22

MOOD:







TODO:

NOTES:

I AM VALUABLE.

SATURDAY

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MARCH 23

MOOD:







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MARCH 24

MOOD:







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MARCH 25

MOOD:







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MARCH 26

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TODO:

WEDNESDAY

MARCH 27

MOOD:







TODO:

NOTES:

I AM GRATEFUL FOR ALL THAT I HAVE.

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MARCH 28

MOOD:







TODO:

NOTES:

I DON'T FAIL, I LEARN.

FRIDAY

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MARCH 29

MOOD:







TODO:

SATURDAY

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MARCH 30

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TODO:

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MARCH 31

MOOD:







TODO:

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

MONDAY

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APRIL 1

MOOD:







TODO:

NOTES:

I AM KIND AND I AM PATIENT.

TUESDAY

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APRIL 2

MOOD:







TODO:

NOTES:

I AM MANIFESTING MY DREAM LIFE.

WEDNESDAY

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APRIL 3

MOOD:







TODO:

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

THURSDAY

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APRIL 4

MOOD:







TODO:

FRIDAY

APRIL 5

MOOD:







TODO:

NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

STICKERS

SATURDAY

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APRIL 6

MOOD:	







TODO:

SUNDAY

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APRIL 7

MOOD:







TODO:

NOTES:

I ATTRACT THE LOVE I DESIRE.

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APRIL 8

MOOD:







TODO:

NOTES:

I HAVE THE POWER TO CREATE CHANGE.

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APRIL 9

MOOD:







TODO:

NOTES:

I CHOOSE WHAT I BECOME

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APRIL 10

MOOD:







TODO:

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APRIL 11

MOOD:







TODO:

FRIDAY

APRIL 12

MOOD:







TODO:

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APRIL 13

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TODO:

SUNDAY

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APRIL 14

MOOD:







TODO:

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APRIL 15

MOOD:







TODO:

NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

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APRIL 16

MOOD:







TODO:

NOTES:

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

WEDNESDAY

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APRIL 17

MOOD:







TODO:

NOTES:

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

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APRIL 18

MOOD:







TODO:

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APRIL 19

MOOD:







TODO:

NOTES:

I FORGIVE MYSELF.

SATURDAY

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APRIL 20

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TODO:

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

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APRIL 21

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APRIL 22

MOOD:	







TODO:

NOTES:

I DESERVE TO BE HAPPY.

TUESDAY

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APRIL 23

MOOD:







TODO:

NOTES:

I AM ENOUGH.

WEDNESDAY

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APRIL 24

MOOD:







TODO:

NOTES:

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

THURSDAY

APRIL 25

MOOD:







TODO:

NOTES:

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

FRIDAY

APRIL 26

MOOD:







TODO:

STICKERS

SATURDAY

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APRIL 27

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APRIL 28

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APRIL 29

MOOD:







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APRIL 30

MOOD:







TODO:

NOTES:

I ATTRACT OPPORTUNITY.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

STICKERS

WEDNESDAY

MAY 1

MOOD:







TODO:

NOTES:

I LOVE MY BODY.

STICKER

THURSDAY

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MOOD:







TODO:

FRIDAY

MAY 3

MOOD:







TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

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MAY 4

MOOD:







TODO:

SUNDAY

MAY 5

MOOD:







TODO:

NOTES:

I AM RESILIENT.

STICKER

MONDAY

MAY 6

MOOD:







TODO:

NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

TUESDAY

MAY 7

MOOD:







TODO:

NOTES:

I ACCEPT THE GOOD THINGS THAT ARE COMING MY WAY.

WEDNESDAY

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MOOD:







TODO:

NOTES:

I NO LONGER FEAR THE UNKNOWN.

THURSDAY

MAY9

MOOD:







TODO:

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

FRIDAY

MAY 10

MOOD:







TODO:

NOTES:

I AM ENOUGH.

SATURDAY

MAY 11

MOOD:







TODO:

NOTES:

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

SUNDAY

MAY 12

MOOD:







TODO:

NOTES:

MY PAST DOES NOT DEFINE MY FUTURE.

MONDAY

MAY 13

MOOD:







TODO:

TUESDAY

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MOOD:







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NOTES:

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

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THURSDAY

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MAY 16

MOOD:







TODO:

NOTES:

DONE IS BETTER THAN PERFECT.

FRIDAY

MAY 17

MOOD:







TODO:

NOTES:

I WILL ACCOMPLISH ANYTHING I FOCUS ON.

SATURDAY

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MAY 18

MOOD:







TODO:

NOTES:

I AM A POSITIVE PERSON WHO ATTRACTS POSITIVITY.

SUNDAY

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MAY 19

MOOD:







TODO:

MONDAY

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MAY 20

MOOD:







TODO:

NOTES:

TODAY I CHOOSE TO MAKE MYSELF HAPPY.

TUESDAY

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MAY 21

MOOD:







TODO:

NOTES:

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

STICKER

WEDNESDAY

MAY 22

MOOD:







TODO:

NOTES:

I WILL ATTRACT WHAT BELONGS TO ME.

THURSDAY

MAY 23

MOOD:







TODO:

NOTES:

I AM A MONEY MAGNET.

FRIDAY

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MAY 24

MOOD:







TODO:

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

SATURDAY

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MAY 25

MOOD:







TODO:

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MAY 26

MOOD:







TODO:

NOTES:

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

MONDAY

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MAY 27

MOOD:







TODO:

NOTES:

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

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MAY 28

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TODO:

STICKERS

WEDNESDAY

MAY 29

MOOD:







TODO:

NOTES:

I AM TALENTED AND INTELLIGENT.

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MAY 30

MOOD:







TODO:

NOTES:

MY POSSIBILITIES ARE ENDLESS.

FRIDAY

MAY 31

MOOD:







TODO:

NOTES:

I AM DOING MY BEST.

STICKERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

SATURDAY

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JUNE 1

MOOD:







TODO:

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JUNE 2

MOOD:







TODO:

NOTES:

I AM LOVED.

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JUNE 3

MOOD:







TODO:

NOTES:

I HAVE A PURPOSE.

TUESDAY

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JUNE 4

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TODO:

STICKERS

WEDNESDAY

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JUNE 5

MOOD:







TODO:

NOTES:

MY GOALS ARE ATTAINABLE.

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JUNE 6

MOOD:







TODO:

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

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JUNE 7

MOOD:







TODO:

NOTES:

I AM GRATEFUL TO BE ALIVE.

SATURDAY

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JUNE 8

MOOD:







TODO:

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JUNE 9

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JUNE 10

MOOD:







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JUNE 11

MOOD:







TODO:

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

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JUNE 12

MOOD:







TODO:

NOTES:

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

THURSDAY

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JUNE 13

MOOD:	
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TODO:

NOTES:

I AM CONFIDENT.

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JUNE 14







TODO:

NOTES:

I AM LIMITLESS.

SATURDAY

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JUNE 15

MOOD:







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JUNE 16

MOOD:







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JUNE 17

MOOD:







TODO:

NOTES:

I AM IN CONTROL.

TUESDAY

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JUNE 18

MOOD:







TODO:

WEDNESDAY

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JUNE 19

MOOD:







TODO:

NOTES:

I ALLOW NEW BEGINNINGS IN MY LIFE.

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JUNE 20

MOOD:







TODO:

NOTES:

I FORGIVE MYSELF FOR HAVING A BAD DAY.

FRIDAY

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JUNE 21

MOOD:







TODO:

NOTES:

I HAVE THE ABILITY TO SOLVE EVERY PROBLEM I FACE.

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JUNE 22

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JUNE 23

MOOD:







TODO:

NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

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JUNE 24

MOOD:







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JUNE 25

MOOD:







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JUNE 26

MOOD:







TODO:

NOTES:

GOOD THINGS ARE GOING TO HAPPEN.

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JUNE 27

MOOD:







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JUNE 28

MOOD:







TODO:

NOTES:

I AM UNAFFECTED BY THE JUDGEMENT OF OTHERS.

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STICKERS

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JUNE 29

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NOTES:

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I AM HEALTHY AND HAPPY.

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JUNE 30

MOOD:







TODO:

NOTES:

I AM VALUABLE.



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GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

MONDAY

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JULY 1

MOOD:







TODO:

NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

TUESDAY

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JULY 2

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WEDNESDAY

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JULY 3

MOOD:







TODO:

NOTES:

I AM WORTHY OF LOVE AND HAPPINESS.

THURSDAY

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JULY 4

MOOD:







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JULY 5

MOOD:







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JULY 6

MOOD:







TODO:

NOTES:

I DON'T FAIL, I LEARN.

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JULY 7

MOOD:







TODO:

NOTES:

I WILL ACHIEVE THE GOALS I SET.

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JULY 8

MOOD:







TODO:

NOTES:

I TAKE ACTION TOWARDS MY GOALS EVERYDAY.

TUESDAY

JULY9

MOOD:







TODO:

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JULY 10







TODO:

THURSDAY

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JULY 11

MOOD:	







TODO:

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JULY 12

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TODO:

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

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JULY 13

MOOD:







TODO:

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JULY 14

MOOD:







TODO:

NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

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JULY 15

MOOD:







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JULY 16

MOOD:







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NOTES:

I ATTRACT THE LOVE I DESIRE.

WEDNESDAY

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JULY 17

MOOD:







TODO:

NOTES:

I HAVE THE POWER TO CREATE CHANGE.

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JULY 19

MOOD:







TODO:

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JULY 20

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JULY 21

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TODO:

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JULY 22

MOOD:







TODO:

NOTES:

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

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JULY 23

MOOD:







TODO:

NOTES:

TODAY AND EVERYDAY I RELEASE ALL THE NEGATIVITY.

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JULY 24

MOOD:







TODO:

NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

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JULY 25

MOOD:







TODO:

NOTES:

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

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JULY 26

MOOD:







TODO:

NOTES:

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

SATURDAY

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JULY 27

MOOD:







TODO:

STICKER

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JULY 28

MOOD:







TODO:

NOTES:

I FORGIVE MYSELF.

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JULY 29

MOOD:







TODO:

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

STICKERS

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JULY 30

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TODO:

WEDNESDAY

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JULY 31

MOOD:







TODO:

NOTES:

I DESERVE TO BE HAPPY.

AUGUST

		THURSDAY	FRIDAY	SATURDAY	SUNDAY
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GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

STICKERS

THURSDAY

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AUGUST 1

MOOD:







TODO:

NOTES:

I AM ENOUGH.

FRIDAY

AUGUST 2

MOOD:







TODO:

SATURDAY

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AUGUST 3

MOOD:







TODO:

SUNDAY

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AUGUST 4

MOOD:







TODO:

STICKERS

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AUGUST 5

MOOD:







TODO:

NOTES:

I DESERVE SELF-CARE.

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AUGUST 6

MOOD:







TODO:

NOTES:

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

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AUGUST 7

MOOD:







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THURSDAY

AUGUST 8

MOOD:







TODO:

NOTES:

I ATTRACT OPPORTUNITY.

FRIDAY

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AUGUST 9

MOOD:







TODO:

NOTES:

I LOVE MY BODY.

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AUGUST 10

MOOD:







TODO:

NOTES:

I AM DETERMINED TO SUCCEED.

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AUGUST 11

MOOD:







TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

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AUGUST 12

MOOD:







TODO:

NOTES:

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

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AUGUST 13

MOOD:	







TODO:

NOTES:

I AM RESILIENT.

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AUGUST 14

MOOD:







TODO:

NOTES:

I STRIVE TO HAVE A GROWTH MINDSET.

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AUGUST 16

MOOD:







TODO:

SATURDAY

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AUGUST 17

MOOD:







TODO:

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

STICKER

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AUGUST 18

MOOD:







TODO:

NOTES:

I AM ENOUGH.

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AUGUST 19

MOOD:







TODO:

NOTES:

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

TUESDAY

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AUGUST 20

MOOD:







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AUGUST 21

MOOD:







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AUGUST 22

MOOD:







TODO:

NOTES:

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

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AUGUST 23

MOOD:







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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.

STICKER

SATURDAY

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AUGUST 24

MOOD:







TODO:

NOTES:

DONE IS BETTER THAN PERFECT.

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AUGUST 25

MOOD:







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AUGUST 26

MOOD:







TODO:

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TUESDAY

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AUGUST 27

MOOD:







TODO:

NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

WEDNESDAY

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AUGUST 28

MOOD:







TODO:

NOTES:

TODAY I CHOOSE TO MAKE MYSELF HAPPY.

THURSDAY

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AUGUST 29

MOOD:







TODO:

NOTES:

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

FRIDAY

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AUGUST 30

MOOD:







TODO:

STICKERS

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AUGUST 31

MOOD:







TODO:

NOTES:

I AM A MONEY MAGNET.

SEPTEMBER

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GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SUNDAY

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SEPTEMBER 1

MOOD:







TODO:

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SEPTEMBER 2

MOOD:







TODO:

NOTES:

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

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SEPTEMBER 3

MOOD:







TODO:

NOTES:

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

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SEPTEMBER 4

MOOD:







TODO:

NOTES:

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

THURSDAY

SEPTEMBER 5

MOOD:







TODO:

FRIDAY

SEPTEMBER 6

MOOD:







TODO:

SATURDAY

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SEPTEMBER 7

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SEPTEMBER 8

MOOD:







TODO:

NOTES:

I AM DOING MY BEST.

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SEPTEMBER 9

MOOD:







TODO:

NOTES:

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

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SEPTEMBER 10

MOOD:







TODO:

NOTES:

I AM LOVED.

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SEPTEMBER 11

MOOD:







TODO:

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SEPTEMBER 12

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SEPTEMBER 13

MOOD:







TODO:

NOTES:

MY GOALS ARE ATTAINABLE.

SATURDAY

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SEPTEMBER 14

MOOD:







TODO:

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

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SEPTEMBER 15

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SEPTEMBER 16

MOOD:







TODO:

NOTES:

I TRUST MY INTUITION AND I ALWAYS MAKE WISE DECISIONS.

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SEPTEMBER 17

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TODO:

NOTES:

I AM MOTIVATED.

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SEPTEMBER 18

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TODO:

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SEPTEMBER 19

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TODO:

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

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SEPTEMBER 20

MOOD:







TODO:

NOTES:

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

STICKER

SATURDAY

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SEPTEMBER 21

MOOD:







TODO:

NOTES:

I AM CONFIDENT.

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SEPTEMBER 22

MOOD:







TODO:

NOTES:

I AM LIMITLESS.

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SEPTEMBER 23

MOOD:







TODO:

NOTES:

I AM ALWAYS GROWING AND READY TO LEARN.

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SEPTEMBER 24

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SEPTEMBER 25

MOOD:







TODO:

NOTES:

I AM IN CONTROL.

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SEPTEMBER 26

MOOD:







TODO:

NOTES:

I AM PROUD OF WHO I AM.

FRIDAY

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SEPTEMBER 27

MOOD:







TODO:

SATURDAY

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SEPTEMBER 28

MOOD:







TODO:

SUNDAY

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SEPTEMBER 29

MOOD:	







TODO:

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SEPTEMBER 30

MOOD:







TODO:

STICKERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

TUESDAY

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OCTOBER 1

MOOD:







TODO:

NOTES:

I AM IN ALIGNMENT WITH MY SOUL PURPOSE.

WEDNESDAY

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OCTOBER 2

MOOD:







TODO:

THURSDAY

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OCTOBER 3

MOOD:







TODO:

NOTES:

I AM STRONGER THAN MY EXCUSES.

FRIDAY

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OCTOBER 4

MOOD:







TODO:

SATURDAY

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OCTOBER 5

MOOD:







TODO:

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OCTOBER 6

MOOD:







TODO:

NOTES:

I AM UNAFFECTED BY THE JUDGEMENT OF OTHERS.

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OCTOBER 7

MOOD:







TODO:

NOTES:

I AM HEALTHY AND HAPPY.

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OCTOBER 8

MOOD:	
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TODO:

NOTES:

I AM VALUABLE.

WEDNESDAY

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OCTOBER 9

MOOD:







TODO:

NOTES:

MONEY MAKING OPPORTUNITIES ARE ALWAYS COMING MY WAY.

THURSDAY

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OCTOBER 10

MOOD:







TODO:

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OCTOBER 11

MOOD:







TODO:

SATURDAY

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OCTOBER 12

MOOD:







TODO:

NOTES:

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

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OCTOBER 13

MOOD:







TODO:

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OCTOBER 14

MOOD:







TODO:

NOTES:

I DON'T FAIL, I LEARN.

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OCTOBER 15

MOOD:







TODO:

NOTES:

I WILL ACHIEVE THE GOALS I SET.

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OCTOBER 16

MOOD:







TODO:

NOTES:

I TAKE ACTION TOWARDS MY GOALS EVERYDAY.

THURSDAY

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OCTOBER 17

MOOD:







TODO:

FRIDAY

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OCTOBER 18

MOOD:







TODO:

NOTES:

I AM KIND AND I AM PATIENT.

SATURDAY

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OCTOBER 19

MOOD:







TODO:

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OCTOBER 20

MOOD:







TODO:

NOTES:

I CHOOSE TO SEE THE BRIGHT SIDE.

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OCTOBER 21

MOOD:







TODO:

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OCTOBER 22

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TODO:

NOTES:

I HAVE IMPORTANT IDEAS AND MY IDEAS MATTER.

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OCTOBER 23

MOOD:







TODO:

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OCTOBER 24

MOOD:







TODO:

NOTES:

I ATTRACT THE LOVE I DESIRE.

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OCTOBER 25

MOOD:







TODO:

SATURDAY

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OCTOBER 26

MOOD:







TODO:

NOTES:

I CHOOSE WHAT I BECOME

SUNDAY

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OCTOBER 27

MOOD:







TODO:

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OCTOBER 28

MOOD:







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OCTOBER 29

MOOD:







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OCTOBER 30

MOOD:







TODO:

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
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25	26	27	28	29	30	

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

SPENT: EARNED:

FRIDAY

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NOVEMBER 1

MOOD:







TODO:

NOTES:

I MAKE PEACE WITH WHAT I CAN'T CONTROL.

SATURDAY

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NOVEMBER 2

MOOD:







TODO:

NOTES:

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

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NOVEMBER 3







TODO:

MONDAY

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NOVEMBER 4

MOOD:







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NOVEMBER 5

MOOD:







TODO:

NOTES:

I FORGIVE MYSELF.

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NOVEMBER 6

MOOD:







TODO:

NOTES:

I BELIEVE IN MYSELF AND ALL OF MY ABILITIES.

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NOVEMBER 7

MOOD:







TODO:

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NOVEMBER 8

MOOD:







TODO:

NOTES:

I DESERVE TO BE HAPPY.

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NOVEMBER 9

MOOD:







TODO:

NOTES:

I AM ENOUGH.

STICKERS

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NOVEMBER 10

MOOD:







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NOVEMBER 11

MOOD:







TODO:

TUESDAY

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NOVEMBER 12

MOOD:







TODO:

WEDNESDAY

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NOVEMBER 13

MOOD:







TODO:

NOTES:

I DESERVE SELF-CARE.

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NOVEMBER 14

MOOD:







TODO:

NOTES:

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

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NOVEMBER 15

MOOD:







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SATURDAY

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NOVEMBER 16

MOOD:







TODO:

NOTES:

I ATTRACT OPPORTUNITY.

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NOVEMBER 17

MOOD:







TODO:

NOTES:

I LOVE MY BODY.

STICKERS

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NOVEMBER 18

MOOD:







TODO:

STICKERS

TUESDAY

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NOVEMBER 19

MOOD:







TODO:

NOTES:

I CHOOSE TO BE OPTIMISTIC.

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NOVEMBER 20

MOOD:







TODO:

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.

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NOVEMBER 22

MOOD:







TODO:

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NOVEMBER 23

MOOD:







TODO:

NOTES:

I ACCEPT THE GOOD THINGS THAT ARE COMING MY WAY.

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NOVEMBER 24

MOOD:







TODO:

NOTES:

I NO LONGER FEAR THE UNKNOWN.

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NOVEMBER 25

MOOD:







TODO:

NOTES:

I CHOOSE TO FOCUS ONLY ON WHAT I CAN CONTROL.

STICKERS

TUESDAY

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NOVEMBER 26







TODO:

NOTES:

I AM ENOUGH.

WEDNESDAY

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NOVEMBER 27

MOOD:







TODO:

NOTES:

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

THURSDAY

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NOVEMBER 28

MOOD:







TODO:

FRIDAY

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NOVEMBER 29

MOOD:







TODO:

NOTES:

I CHOOSE TO BE FEARLESS TODAY AND EVERYDAY.

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NOVEMBER 30

MOOD:







TODO:

NOTES:

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

STICKERS

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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30	31					

GOALS

WHAT ASPECTS OF YOURSELF DO YOU WANT TO WORK ON?

REFLECTION

WHAT DID YOU ACHEIVE THIS MONTH?

WHAT SKILLS DO YOU WANT TO WORK ON?

HOW DID YOU FEEL ABOUT THIS MONTH?

HOW DO YOU PLAN TO TAKE CARE OF YOURSELF?

LIST 3 THINGS YOU ARE GRATEFUL FOR.

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DECEMBER 1

MOOD:







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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.

STICKER

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DECEMBER 2

MOOD:







TODO:

NOTES:

DONE IS BETTER THAN PERFECT.

TUESDAY

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DECEMBER 3







TODO:

WEDNESDAY

DECEMBER 4

MOOD:







TODO:

THURSDAY

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DECEMBER 5

MOOD:







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NOTES:

I RELEASE ALL DOUBTS AND INSECURITIES ABOUT MYSELF.

FRIDAY

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DECEMBER 6

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TODO:

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DECEMBER 7

MOOD:







TODO:

NOTES:

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

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DECEMBER 8

MOOD:







TODO:

MONDAY

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DECEMBER 9

MOOD:







TODO:

NOTES:

I AM A MONEY MAGNET.

TUESDAY

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DECEMBER 10

MOOD:







TODO:

NOTES:

I HAVE THE POWER TO CREATE THE LIFE I DESIRE.

WEDNESDAY

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DECEMBER 11

MOOD:







TODO:

NOTES:

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

STICKERS

THURSDAY

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DECEMBER 12

MOOD:







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DECEMBER 13

MOOD:







TODO:

NOTES:

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

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SATURDAY

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DECEMBER 14

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DECEMBER 15

MOOD:







TODO:

NOTES:

I AM TALENTED AND INTELLIGENT.

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DECEMBER 16

MOOD:







TODO:

TUESDAY

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DECEMBER 17

MOOD:







TODO:

NOTES:

I AM DOING MY BEST.

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DECEMBER 18

MOOD:







TODO:

THURSDAY

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DECEMBER 19

MOOD:







TODO:

NOTES:

I AM LOVED.

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DECEMBER 20

MOOD:







TODO:

NOTES:

I HAVE A PURPOSE.

SATURDAY

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DECEMBER 21

MOOD:







TODO:

NOTES:

MY COURAGE AND STRENGTH ARE MORE POWERFUL THAN MY DOUBTS.

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DECEMBER 22

MOOD:







TODO:

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DECEMBER 23

MOOD:







TODO:

NOTES:

I CHOOSE TO LIVE MY LIFE TO THE FULLEST.

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DECEMBER 24

MOOD:







TODO:

NOTES:

I AM GRATEFUL TO BE ALIVE.

STICKERS

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DECEMBER 25

MOOD:







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THURSDAY

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DECEMBER 26

MOOD:







TODO:

NOTES:

I AM MOTIVATED.

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DECEMBER 27

MOOD:







TODO:

SATURDAY

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DECEMBER 28

MOOD:







TODO:

NOTES:

I BREATHE IN COURAGE AND EXHALE DOUBT.

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DECEMBER 29

MOOD:







TODO:

NOTES:

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

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DECEMBER 30

MOOD:







TODO:

NOTES:

I AM CONFIDENT.

TUESDAY

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DECEMBER 31

MOOD:







TODO:

NOTES:

I AM LIMITLESS.