

2024

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

spent:

earned:

Monday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

January 1

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

Today and everyday I choose to be happy

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

January 2

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

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 3

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am worthy of increasing my income.

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

O

1

2

3

4

5

January 4

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

The setbacks are j ust redirecting
me to something bigger and better.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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

January 6

mood:



ToDo:

- [illegible]

notes:

I make peace with what I can't control.

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

January 7

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I make peace with my past and I am ready to receive the good that comes my way.

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

January 8

mood:

ToDo:

notes:

I am thankful for all I have and all I will accomplish.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

January 10

mood:



ToDo:

- [illegible]

notes:

I forgive myself.

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

January 11

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I believe in myself and all of my abilities.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Friday

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.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

January 13

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I deserve to be happy.

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

O

1

2

3

4

5

January 14

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am enough.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Monday

7

9

11

13

15

17

19

21

23

1

3

5

January 15



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am brave and I will go after what makes me happy.

February

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

January 16

mood:



ToDo:

- [illegible]

notes:

I am proud of who I am and all that I have and will accomplish.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

January 17

mood:



ToDo:

- [illegible]

notes:

Today is going to be the best day.

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

O

1

2

3

4

5

January 18

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I deserve self-care.

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

January 19

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I will trust the timing of my life and be grateful for the good that is to come.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

January 20

mood:



ToDo:

- [illegible]

notes:

I am beautiful and I love all aspects of me and who I am.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Sunday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

January 21

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I attract opportunity.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Monday

7

9

11

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

January 22

mood:



ToDo:

- [illegible]

notes:

I love my body.

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

January 23

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am determined to succeed.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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.

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

January 25

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I know who I am and I know what I deserve.

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

O

1

2

3

4

5

January 26

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am resilient.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

January 27

mood:



ToDo:

- [illegible]

notes:

I strive to have a growth mindset.

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

January 28

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I accept the good things that are coming my way.

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

O

1

2

3

4

5

January 29

mood:



ToDo:

- [illegible]

notes:

I no longer fear the unknown.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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 31

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am enough.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

reflection

What did you 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.

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

February 2

mood:   

ToDo:

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

notes:

My past does not define my future.

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

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.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

February 7

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I will accomplish anything I focus on.

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 8

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

1C

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

February 9

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

7

9

11

13

15

17

19

20

21

22

23

0

1

2

3

4

5

February 12



○

○

C

○

○

○

○

○

○

○

notes:

I will attract what belongs to me.

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

February 13

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am a money magnet.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

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:

-
-
-
-
-
-
-
-
-
-

notes:

Today I let go of anything that doesn't add to my happiness and goals.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Friday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

February 16

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

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

February 17

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

All that I need comes to me at the right time.

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

February 18

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I will not compare myself to others.

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

O

1

2

3

4

5

February 19

mood:



ToDo:

notes:

I am talented and intelligent.

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

February 20

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

My possibilities are endless.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

February 21

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am doing my best.

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 22

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I believe in my ability to go after my dreams and succeed.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

February 24

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

O

1

2

3

4

5

February 27

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I choose to live my life to the fullest.

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 29

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I trust my intuition and I al ways
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:

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

March 9

mood:



ToDo:

notes:

I am in control.

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

March 14

mood:



ToDo:

notes:

Everyday I am becoming wealthier.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

March 16

mood:



ToDo:

notes:

Every obstacle is an opportunity to grow.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Monday

7

9

11

13

15

17

19

21

23

1

3

5

March 18



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

Good things are going to happen.

February

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

March 19

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I believe in the woman I am becoming.

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

O

1

2

3

4

5

March 21

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am healthy and happy.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Friday

6

7

8

9

1C

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

March 22

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am valuable.

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

March 25

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am worthy of love and happiness.

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

O

1

2

3

4

5

March 26

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am creative and I will create the best life for me.

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

March 28

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I don't fail ,I learn.

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

March 29

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I will achieve the goals I set.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

spent:

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

earned:

- 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 11

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

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

April 13

mood:



ToDo:

- [illegible]

notes:

The setbacks are j ust redirecting
me to something bigger and better.

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

April 16

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I make peace with my past and I am ready to receive the good that comes my way.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

April 17

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I am thankful for all I have and all I will accomplish.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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 19

mood:

ToDo:

notes:

I forgive myself.

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

April 23

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☒ ☐

notes:

I am enough.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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

April 24

mood: 😊 😐 😞

ToDo:

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

notes:

I am brave and I will go after what makes me happy.

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

O

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.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

April 27

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I deserve self-care.

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 29

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I am beautiful and I love all aspects of me and who I am.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Tuesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

April 30

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I attract opportunity.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

spent:

earned:

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

May 1

mood:



ToDo:

- [illegible]

notes:

I love my body.

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

O

1

2

3

4

5

May 2

mood:



ToDo:

- [illegible]

notes:

I am determined to succeed.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

May 4

mood:



ToDo:

- [illegible]

notes:

I know who I am and I know what I deserve.

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

O

1

2

3

4

5

May 6

mood:



ToDo:

- [illegible]

notes:

I strive to have a growth mindset.

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

May 7

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I accept the good things that are coming my way.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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

May 8

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I no longer fear the unknown.

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

O

1

2

3

4

5

May 9

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I choose to focus only on what I can control.

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

May 10

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am enough.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

May 11

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

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.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

May 15

mood:



ToDo:

- [illegible]

notes:

I trust myself, I trust my intuition, I trust my judgement and I will make the best choices for me.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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:

- [illegible]

notes:

Done is better than perfect.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Friday

6

7

8

9

1C

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

May 17

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I will accomplish anything I focus on.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

May 18

mood:



ToDo:

- [illegible]

notes:

I am a positive person who attracts positivity.

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

May 19

mood:



ToDo:

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

notes:

I release all doubts and insecurities about 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

May 20

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

Today I choose to make myself happy.

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

O

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.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

May 25

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

Today I let go of anything that doesn't add to my happiness and goals.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Monday

7

9

11

13

15

17

19

21

23

1

3

5

May 27



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

All that I need comes to me at the right time.

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

O

1

2

3

4

5

May 28

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I will not compare myself to others.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

May 29

mood: 😊 😐 😞

ToDo:

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

notes:

I am talented and intelligent.

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

O

1

2

3

4

5

May 30

mood:



ToDo:

- [illegible]

notes:

My possibilities are endless.

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

May 31

mood:

ToDo:

notes:

I am doing my best.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

spent:

earned:

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

June 1

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I believe in my ability to go after my dreams and succeed.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

June 2

mood:

ToDo:

notes:

I am I loved.

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

June 3

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I have a purpose.

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

June 4

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
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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

June 5

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

My goal s are attainabl e.

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

June 6

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I choose to live my life to the fullest.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

June 8

mood:



ToDo:

- [illegible]

notes:

I trust my intuition and I always make wise decisions.

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

June 10

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

My grateful heart is a magnet that attracts everything I desire.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

June 12

mood:



ToDo:

- [illegible]

notes:

There are no limits to the amount of money I can make.

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

O

1

2

3

4

5

June 13

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am confident.

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

O

1

2

3

4

5

June 14

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am limitless.

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

June 16

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

Today I have the power to
accomplish everything I need to do.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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 18

mood:

ToDo:

notes:

I am proud of who I am.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

June 19

mood: 😊 😐 😞

ToDo:

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

notes:

I allow new beginnings in my life.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Thursday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

June 20

mood:



ToDo:

- [illegible]

notes:

I forgive myself for having a bad day.

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

O

1

2

3

4

5

June 21

mood:



ToDo:

- [illegible]

notes:

I have the ability to solve every problem I face.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

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 22

mood:



ToDo:

- [illegible]

notes:

Everyday I am becoming wealthier.

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

June 24

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

Every obstacle is an opportunity to grow.

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

O

1

2

3

4

5

June 25

mood:



ToDo:

- [illegible]

notes:

I am stronger than my excuses.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

June 26

mood: 😄 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

Good things are going to happen.

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

O

1

2

3

4

5

June 27

mood:



ToDo:

- [illegible]

notes:

I believe in the woman I am becoming.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Friday

6

7

8

9

1C

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

June 28

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am unaffected by the judgement of others.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

June 29

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am healthy and happy.

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

June 30

mood:   

ToDo:

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

notes:

I am val uabl e.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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:

Monday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

July 1

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

Money making opportunities are always coming my way.

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

O

1

2

3

4

5

July 2

mood:



ToDo:

- [illegible]

notes:

I am ready to manifest abundance.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

July 3

mood:



ToDo:

- [illegible]

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

O

1

2

3

4

5

July 4

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I am creative and I will create the best life for me.

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

July 5

mood:

ToDo:

notes:

I am grateful for all that I have.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

July 6

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I don't fail, I learn.

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

July 7

mood:

ToDo:

notes:

I will I achieve the goals I set.

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

July 8

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I take action towards my goal s
everyday.

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

O

1

2

3

4

5

July 9

mood:



ToDo:

- [illegible]

notes:

I am worthy of my goals and dreams.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

July 10

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am kind and I am patient.

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 11

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am manifesting my dream life.

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

Jul y 12

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I choose to see the bright side.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

Jul y 13

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I choose to let go of all my anger.

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

Jul y 14

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I have important ideas and my ideas matter.

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

O

1

2

3

4

5

Jul y 15

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am prepared for new challenges.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

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

Friday

6

7

8

9

1C

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

July 19

mood:



ToDo:

notes:

Today and everyday I choose to be happy

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

July 20

mood:



ToDo:

- [illegible]

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
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Sunday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

Jul y 21

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I am worthy of increasing my income.

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

July 22

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

The setbacks are j ust redirecting me to something bigger and better.

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

O

1

2

3

4

5

July 23

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

Today and everyday I release all the negativity.

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

July 26

mood:

ToDo:

notes:

I am thankful for all I have and all I will accomplish.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Monday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

July 29

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

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

Jul y 30

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am strong and I am powerful .

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

July 31

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I deserve to be happy.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

spent:

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

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.

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

August 5

mood:



ToDo:

- [illegible]

notes:

I deserve self-care.

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

August 6

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I will trust the timing of my life and be grateful for the good that is to come.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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 7

mood:



ToDo:

- [illegible]

notes:

I am beautiful and I love all aspects of me and who I am.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Thursday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

August 8

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I attract opportunity.

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

August 13

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am resilient.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

August 14

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I strive to have a growth mindset.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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.

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

O

1

2

3

4

5

August 16

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I no longer fear the unknown.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Monday

7

9

11

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.

stickers

Tuesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

August 20

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

My past does not define my future.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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 21

mood:



ToDo:

- [illegible]

notes:

I choose to be fearless today and everyday.

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

August 22

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

Friday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

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.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

August 24

mood:



ToDo:

- [illegible]

notes:

Done is better than perfect.

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

O

1

2

3

4

5

August 25

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I will accomplish anything I focus on.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Monday

7

9

11

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

August 26

mood:



ToDo:

- [illegible]

notes:

I am a positive person who attracts positivity.

stickers

Tuesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

August 27

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I release all doubts and insecurities about myself.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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.

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

August 29

mood: 😄 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I have the courage to be the happiest, healthiest and most successful version of myself.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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 30

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I will attract what belongs to me.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

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

September 4

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

All that I need comes to me at the right time.

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

O

1

2

3

4

5

September 5

mood:



ToDo:

- [illegible]

notes:

I will not compare myself to others.

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

September 9

mood:

ToDo:

notes:

I believe in my ability to go after my dreams and succeed.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

September 11

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I have a purpose.

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

September 12

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
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Friday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

September 13

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

My goal s are attainabl e.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

September 14

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I choose to live my life to the fullest.

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

September 15

mood:



ToDo:

○

○

○

○

○

○

○

○

○

○

notes:

I am grateful to be alive.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Monday

7

9

11

13

15

17

19

21

23

1

3

5

September 16



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
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

September 18

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

My grateful heart is a magnet that attracts everything I desire.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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.

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

September 20

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

There are no limits to the amount of money I can make.

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

September 22

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am limitless.

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

September 24

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

Today I have the power to accomplish everything I need to do.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

September 25

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am in control.

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

September 26

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am proud of who I am.

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

September 27

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I allow new beginnings in my life.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

September 28

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I forgive myself for having a bad day.

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

September 29

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I have the ability to solve every problem I face.

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

September 30

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

Everyday I am becoming weal thier.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

spent:

earned:

Tuesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

October 1

mood:



ToDo:

- [illegible]

notes:

I am in alignment with my soul purpose.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

October 2

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

Every obstacle is an opportunity to grow.

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

October 3

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am stronger than my excuses.

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

October 4

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

Good things are going to happen.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

October 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.

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

October 7

mood:   

ToDo:

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

notes:

I am heal thy and happy.

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

October 8

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am val uabl e.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

October 9

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

Money making opportunities are al ways coming 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

October 10

mood: 😊 😐 😞

ToDo:

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

notes:

I am ready to manifest abundance.

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

October 14

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I don't fail , I learn.

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

October 15

mood: 😊 😐 😞

ToDo:

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

notes:

I will achieve the goals I set.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

October 16

mood: 😊 😐 😞

ToDo:

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

notes:

I take action towards my goal s everyday.

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

O

1

2

3

4

5

October 17

mood:



ToDo:

- [illegible]

notes:

I am worthy of my goals and dreams.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Friday

6

7

8

9

1C

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

October 18

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am kind and I am patient.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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 19

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am manifesting my dream life.

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

O

1

2

3

4

5

October 21

mood:



ToDo:

- ☐ ☐ ☐ ☐

notes:

I choose to let go of all my anger.

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

October 22

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I have important ideas and my ideas matter.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

October 23

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am prepared for new challenges.

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

October 24

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I attract the love I desire.

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

O

1

2

3

4

5

October 25

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I have the power to create change.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

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

O

1

2

3

4

5

October 28

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

October 29

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am worthy of increasing my income.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

October 30

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

The setbacks are j ust redirecting me to something bigger and better.

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

O

1

2

3

4

5

October 31

mood:



ToDo:

- [illegible]

notes:

Today and everyday I release all the negativity.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

reflection

What did you 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

November 1

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I make peace with what I can't control.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

November 2

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I make peace with my past and I am ready to receive the good that comes my way.

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

O

1

2

3

4

5

November 3

mood:



ToDo:

- [illegible]

notes:

I am thankful for all I have and all I will accomplish.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Tuesday

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 mysel f.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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 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.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

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

November 9

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am enough.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Monday

7

9

11

13

15

17

19

21

23

1

3

5

November 11



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am proud of who I am and all that I have and will accomplish.

February

April

May

June

July

August

September

October

November

December

stickers

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.

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

O

1

2

3

4

5

November 14

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I will trust the timing of my life and be grateful for the good that is to come.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

November 16

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I attract opportunity.

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

November 17

mood:   

ToDo:

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

notes:

I love my body.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Monday

7

9

11

13

14

15

16

17

18

19

20

21

22

23

0

1

2

3

4

5

November 18



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am determined to succeed.

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

November 19

mood:

ToDo:

notes:

I choose to be optimistic.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

November 20

mood:



ToDo:

- [illegible]

notes:

I know who I am and I know what I deserve.

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 21

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am resilient.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Friday

6

7

8

9

1C

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

November 22

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I strive to have a growth mindset.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

November 23

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I accept the good things that are coming my way.

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

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.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

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

O

1

2

3

4

5

November 28

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

My past does not define my future.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Friday

6

7

8

9

1C

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

November 29

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I choose to be fearless today and
everyday.

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.

Monday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

December 2

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

Done is better than perfect.

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

O

1

2

3

4

5

December 3

mood:



ToDo:

- [illegible]

notes:

I will accomplish anything I focus on.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Thursday

7

9

11

13

15

17

19

21

23

1

3

5

December 5



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I release all doubts and insecurities about myself.

Februari

ary
Mar

A ch

pril

May

June

Jul

y
F

August

Septemb

October

November

member

December

sticker

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

December 7

mood: 😄 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I have the courage to be the happiest, heal thiest and most successful version of mysel f.

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

December 9

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am a money magnet.

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

December 10

mood:



ToDo:

- [illegible]

notes:

I have the power to create the life I desire.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

December 11

mood:



ToDo:

- [illegible]

notes:

Today I let go of anything that doesn't add to my happiness and goals.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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.

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

O

1

2

3

4

5

December 13

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

All that I need comes to me at the right time.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

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

December 14

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I will not compare myself to others.

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

December 16

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

My possibilities are endless.

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

December 17

mood:



ToDo:

- [illegible]

notes:

I am doing my best.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

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.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

December 21

mood:



ToDo:

- [illegible]

notes:

My courage and strength are more powerful than my doubts.

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

December 23

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I choose to live my life to the fullest.

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

O

1

2

3

4

5

December 24

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am grateful to be alive.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

O

1

2

3

4

5

December 25

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

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 27

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

My grateful heart is a magnet that attracts everything I desire.

January	February	March	April	May	June	July	August	September	October	November	December	stickers
---------	----------	-------	-------	-----	------	------	--------	-----------	---------	----------	----------	----------

Saturday

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 28

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I breathe in courage and exhale doubt.

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

O

1

2

3

4

5

December 29

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

There are no limits to the amount of money I can make.

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

December 30

mood:



ToDo:

- [illegible]

notes:

I am confident.

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

December 31

mood: 😊 😐 😞

ToDo:

-
-
-
-
-
-
-
-
-
-

notes:

I am limitless.

January
February
March
April
May
June
July
August
September
October
November
December
stickers

