

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

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January 1

mood:   

ToDo:

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notes:

Today and everyday I choose to be happy

January
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October
November
December
stickers

Tuesday

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January 2

mood:



ToDo:

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notes:

I am capable of achieving anything I set my mind to.

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

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January 3

mood:



ToDo:

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notes:

I am worthy of increasing my income.

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Thursday

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January 4

mood: 😊 😐 😞

ToDo:

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notes:

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

January
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October
November
December
stickers

Friday

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January 5

mood:



ToDo:

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notes:

Today and everyday I release all the negativity.

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

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January 6

mood:   

ToDo:

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notes:

I make peace with what I can't control.

January
February
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August
September
October
November
December
stickers

Sunday

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January 7

mood:   

ToDo:

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notes:

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

January
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November
December
stickers

Monday

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January 8

mood:



ToDo:

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notes:

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

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

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January 9

mood: 😊 😐 😞

ToDo:

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notes:

I am a magnet for positivity and blessings.

January
February
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November
December
stickers

Wednesday

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January 10

mood: 😊 😐 😞

ToDo:

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notes:

I forgive myself.

January
February
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October
November
December
stickers

Thursday

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January 11

mood: 😊 😐 😞

ToDo:

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notes:

I believe in myself and all of my abilities.

January
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September
October
November
December
stickers

Friday

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January 12

mood:   

ToDo:

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notes:

I am strong and I am powerful .

January
February
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October
November
December
stickers

Saturday

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January 13

mood: 😊 😐 😞

ToDo:

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notes:

I deserve to be happy.

January
February
March
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September
October
November
December
stickers

Sunday

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January 14

mood:



ToDo:

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notes:

I am enough.

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

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January 15

mood: 😊 😐 😞

ToDo:

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notes:

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

January
February
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September
October
November
December
stickers

Tuesday

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January 16

mood:



ToDo:

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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
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Wednesday

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January 17

mood: 😊 😐 😞

ToDo:

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notes:

Today is going to be the best day.

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November
December
stickers

Thursday

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January 18

mood: 😊 😐 😞

ToDo:

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notes:

I deserve self-care.

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October
November
December
stickers

Friday

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January 19

mood: 😊 😐 😞

ToDo:

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notes:

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

January
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November
December
stickers

Saturday

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January 20

mood:



ToDo:

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notes:

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

January	February	March	April	May	June	July	August	September	October	November	December	stickers
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January 21

mood:



ToDo:

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notes:

I attract opportunity.

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January 22

mood:   

ToDo:

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notes:

I love my body.

January
February
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October
November
December
stickers

Tuesday

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January 23

mood: 😊 😐 😞

ToDo:

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notes:

I am determined to succeed.

January
February
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October
November
December
stickers

Wednesday

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January 24

mood:   

ToDo:

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notes:

I choose to be optimistic.

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January 25

mood: 😊 😐 😞

ToDo:

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notes:

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

January
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September
October
November
December
stickers

Friday

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January 26

mood:



ToDo:

- [illegible]

notes:

I am resilient.

Saturday

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January 27

mood: 😊 😐 😞

ToDo:

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notes:

I strive to have a growth mindset.

January
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November
December
stickers

Sunday

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January 28

mood:   

ToDo:

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notes:

I accept the good things that are coming my way.

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November
December
stickers

Monday

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January 29

mood: 😊 😐 😞

ToDo:

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notes:

I no longer fear the unknown.

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December
stickers

Tuesday

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January 30

mood: 😊 😐 😞

ToDo:

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notes:

I choose to focus only on what I can control .

January
February
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October
November
December
stickers

Wednesday

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January 31

mood: 😊 😐 😞

ToDo:

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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

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February 1

mood: 😊 😐 😞

ToDo:

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notes:

I am resilient enough to take on every obstacle that stands in my way.

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October
November
December
stickers

Friday

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February 2

mood:



ToDo:

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notes:

My past does not define my future.

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

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February 3

mood:   

ToDo:

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notes:

I choose to be fearless today and everyday.

January
February
March
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September
October
November
December
stickers

Sunday

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February 4

mood:



ToDo:

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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
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Monday

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February 5

mood:   

ToDo:

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notes:

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

January
February
March
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November
December
stickers

Tuesday

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February 6

mood: 😊 😐 😞

ToDo:

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notes:

Done is better than perfect.

January
February
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October
November
December
stickers

Wednesday

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February 7

mood: 😊 😐 😞

ToDo:

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notes:

I will accomplish anything I focus on.

January
February
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September
October
November
December
stickers

Thursday

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February 8

mood:   

ToDo:

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notes:

I am a positive person who attracts positivity.

January
February
March
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September
October
November
December
stickers

Friday

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February 9

mood:



ToDo:

- [illegible]

notes:

I release all doubts and insecurities about myself.

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

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February 10

mood:   

ToDo:

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notes:

Today I choose to make myself happy.

Sunday

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February 11

mood:



ToDo:

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notes:

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

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

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February 12

mood:   

ToDo:

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- ☐
- ☐
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- ☐
- ☐
- ☐

notes:

I will attract what belongs to me.

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

Tuesday

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February 13

mood: 😊 😐 😞

ToDo:

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notes:

I am a money magnet.

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

Wednesday

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February 14

mood: 😊 😐 😞

ToDo:

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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

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February 15

mood: 😊 😐 😞

ToDo:

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- ☐
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- ☐
- ☐
- ☐

notes:

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

Friday

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February 16

mood:   

ToDo:

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- ☐
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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

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February 17

mood: 😊 😐 😞

ToDo:

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notes:

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

Sunday

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February 18

mood: 😊 😐 😞

ToDo:

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notes:

I will not compare myself to others.

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

Monday

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February 19

mood: 😊 😐 😞

ToDo:

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notes:

I am talented and intelligent.

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

Tuesday

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February 20

mood:   

ToDo:

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- ☐
- ☐
- ☐
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- ☐
- ☐
- ☐

notes:

My possibilities are endless.

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

Wednesday

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February 21

mood: 😊 😐 😞

ToDo:

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notes:

I am doing my best.

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

Thursday

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February 22

mood: 😊 😐 😞

ToDo:

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- ☐
- ☐
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notes:

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

Saturday

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February 24

mood: 😊 😐 😞

ToDo:

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notes:

I have a purpose.

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

Sunday

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February 25

mood:



ToDo:

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notes:

My courage and strength are more powerful than my doubts.

Monday

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February 26

mood:   

ToDo:

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notes:

My goal s are attainabl e.

Tuesday

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February 27

mood: 😊 😐 😞

ToDo:

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notes:

I choose to live my life to the fullest.

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

Wednesday

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February 28

mood: 😊 😐 😞

ToDo:

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notes:

I am grateful to be alive.

January
February
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April
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September
October
November
December
stickers

Thursday

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February 29

mood: 😊 😐 😞

ToDo:

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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:

Friday

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March 1

mood:



ToDo:

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notes:

I am motivated.

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

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March 2

mood:



ToDo:

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notes:

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

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

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March 3

mood:



ToDo:

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notes:

I breathe in courage and exhale
doubt.

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

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March 4

mood:



ToDo:

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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
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Tuesday

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March 5

mood:



ToDo:

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notes:

I am confident.

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

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March 6

mood:



ToDo:

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notes:

I am limitless.

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

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March 7

mood:



ToDo:

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notes:

I am always growing and ready to learn.

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

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March 8

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

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

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

Saturday

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March 9

mood:

ToDo:

notes:

I am in control.

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

Sunday

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March 10

mood:



ToDo:

- [illegible]

notes:

I am proud of who I am.

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

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March 11

mood:



ToDo:

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notes:

I allow new beginnings in my life.

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

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March 12

mood:



ToDo:

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notes:

I forgive myself for having a bad day.

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

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March 13

mood: 😊 😐 😞

ToDo:

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notes:

I have the ability to solve every problem I face.

January
February
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August
September
October
November
December
stickers

Thursday

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March 14

mood: 😊 😐 😞

ToDo:

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notes:

Everyday I am becoming weal thier.

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

Saturday

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March 16

mood:



ToDo:

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notes:

Every obstacle is an opportunity to grow.

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

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March 17

mood:



ToDo:

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notes:

I am stronger than my excuses.

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

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March 18

mood:   

ToDo:

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notes:

Good things are going to happen.

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

Tuesday

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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
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Wednesday

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March 20

mood: 😊 😐 😞

ToDo:

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notes:

I am unaffected by the judgement of others.

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

Thursday

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March 21

mood:



ToDo:

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notes:

I am healthy and happy.

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

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March 22

mood:



ToDo:

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notes:

I am valuable.

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

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March 23

mood:



ToDo:

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notes:

Money making opportunities are always coming my way.

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

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March 24

mood:



ToDo:

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notes:

I am ready to manifest abundance.

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

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March 25

mood: 😊 😐 😞

ToDo:

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notes:

I am worthy of love and happiness.

January
February
March
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May
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August
September
October
November
December
stickers

Tuesday

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March 26

mood: 😊 😐 😞

ToDo:

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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

Wednesday

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March 27

mood: 😊 😐 😞

ToDo:

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notes:

I am grateful for all that I have.

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

Thursday

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March 28

mood: 😊 😐 😞

ToDo:

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notes:

I don't fail , I learn.

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

Friday

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March 29

mood:



ToDo:

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notes:

I will achieve the goals I set.

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

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March 30

mood: 😊 😐 😞

ToDo:

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notes:

I take action towards my goal s everyday.

January
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July
August
September
October
November
December
stickers

Sunday

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March 31

mood:



ToDo:

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notes:

I am worthy of my goals and dreams.

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

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

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

spent:

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

earned:

Monday

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April 1

mood:



ToDo:

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notes:

I am kind and I am patient.

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

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:

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notes:

I choose to see the bright side.

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

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April 4

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

Friday

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April 5

mood:



ToDo:

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notes:

I have important ideas and my ideas matter.

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

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April 6

mood:



ToDo:

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notes:

I am prepared for new challenges.

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

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April 7

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I attract the Love I desire.

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

Monday

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April 8

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I have the power to create change.

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

Tuesday

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April 9

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I choose what I become

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

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April 10

mood:



ToDo:

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notes:

Today and everyday I choose to be happy

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

Thursday

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April 11

mood:



ToDo:

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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
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Friday

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April 12

mood:



ToDo:

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notes:

I am worthy of increasing my income.

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

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April 13

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
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Sunday

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April 14

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

Today and everyday I release all the negativity.

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

Monday

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April 15

mood:



ToDo:

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notes:

I make peace with what I can't control.

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

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April 16

mood: 😊 😐 😞

ToDo:

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notes:

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

January
February
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June
July
August
September
October
November
December
stickers

Wednesday

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

Thursday

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April 18

mood:



ToDo:

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notes:

I am a magnet for positivity and blessings.

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

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April 19

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I forgive myself.

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

Saturday

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April 20

mood:



ToDo:

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notes:

I believe in myself and all of my abilities.

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

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April 21

mood:



ToDo:

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notes:

I am strong and I am powerful.

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

Monday

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April 22

mood:



ToDo:

- ☐ ☐

notes:

I deserve to be happy.

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

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April 23

mood:



ToDo:

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notes:

I am enough.

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

Wednesday

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April 24

mood: 😊 😐 😞

ToDo:

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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

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April 25

mood: 😊 😐 😞

ToDo:

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notes:

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

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

Friday

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April 26

mood: 😊 😐 😞

ToDo:

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notes:

Today is going to be the best day.

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

Saturday

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April 27

mood:



ToDo:

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notes:

I deserve self-care.

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

Sunday

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April 28

mood:



ToDo:

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notes:

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

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

Monday

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April 29

mood:



ToDo:

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notes:

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

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

Tuesday

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April 30

mood:



ToDo:

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notes:

I attract opportunity.

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

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May 1

mood:

ToDo:

notes:

I love my body.

Thursday

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May 2

mood:



ToDo:

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notes:

I am determined to succeed.

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

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May 3

mood:



ToDo:

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notes:

I choose to be optimistic.

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

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May 4

mood:



ToDo:

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

Sunday

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May 5

mood:

ToDo:

notes:

I am resilient.

Monday

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May 6

mood:

ToDo:

notes:

I strive to have a growth mindset.

Tuesday

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May 7

mood:



ToDo:

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notes:

I accept the good things that are coming my way.

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

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May 8

mood: 😊 😐 😞

ToDo:

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- ☐
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- ☐
- ☐
- ☐

notes:

I no longer fear the unknown.

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

Thursday

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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

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May 10

mood:

ToDo:

notes:

I am enough.

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

Saturday

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

Sunday

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May 12

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

My past does not define my future.

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

Monday

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May 13

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☒

notes:

I choose to be fearless today and everyday.

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

Tuesday

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May 14

mood:



ToDo:

- [illegible]

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

Thursday

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May 16

mood: 😊 😐 😞

ToDo:

- ☐
- ☐
- ☐
- ☐
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- ☐
- ☐
- ☐

notes:

Done is better than perfect.

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

Friday

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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

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May 18

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am a positive person who attracts positivity.

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

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May 19

mood:



ToDo:

- ☐ ☐

notes:

I release all doubts and insecurities about myself.

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

Monday

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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

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May 21

mood:



ToDo:

- [illegible]

notes:

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

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

Wednesday

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May 22

mood: 😊 😐 😞

ToDo:

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notes:

I will attract what belongs to me.

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

Thursday

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May 23

mood: 😊 😐 😞

ToDo:

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- ☐
- ☐
- ☐
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notes:

I am a money magnet.

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

Friday

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May 24

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
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Saturday

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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
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Sunday

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May 26

mood:

ToDo:

notes:

I am allowed to say no to others and yes to myself.

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May 27

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
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Tuesday

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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
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Wednesday

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May 29

mood: 😊 😐 😞

ToDo:

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notes:

I am talented and intelligent.

January
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September
October
November
December
stickers

Thursday

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May 30

mood:



ToDo:

- [illegible]

notes:

My possibilities are endless.

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

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May 31

mood:



ToDo:

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notes:

I am doing my best.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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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

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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
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Sunday

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June 2

mood:



ToDo:

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notes:

I am loved.

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

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June 3

mood:



ToDo:

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notes:

I have a purpose.

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

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June 4

mood:



ToDo:

- [illegible]

notes:

My courage and strength are more powerful than my doubts.

Wednesday

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June 5

mood:



ToDo:

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notes:

My goal s are attainabl e.

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

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June 6

mood: 😊 😐 😞

ToDo:

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notes:

I choose to live my life to the fullest.

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June 7

mood:



ToDo:

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notes:

I am grateful to be alive.

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

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June 8

mood:



ToDo:

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notes:

I trust my intuition and I always make wise decisions.

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

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June 9

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am motivated.

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

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June 10

mood:



ToDo:

- [illegible]

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
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Tuesday

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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
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Wednesday

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June 12

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
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Thursday

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June 13

mood: 😊 😐 😞

ToDo:

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notes:

I am confident.

Friday

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June 14

mood:



ToDo:

- [illegible]

notes:

I am limitless.

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

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June 16

mood:

ToDo:

notes:

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

Monday

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June 17

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am in control.

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

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June 18

mood: 😊 😐 😞

ToDo:

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notes:

I am proud of who I am.

January
February
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August
September
October
November
December
stickers

Wednesday

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June 19

mood: 😊 😐 😞

ToDo:

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notes:

I allow new beginnings in my life.

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

Thursday

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June 20

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I forgive myself for having a bad day.

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

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June 21

mood:



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
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Saturday

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June 22

mood:



ToDo:

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notes:

Everyday I am becoming weal thier.

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

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June 23

mood:



ToDo:

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notes:

I am in alignment with my soul purpose.

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

Monday

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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
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Tuesday

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June 25

mood:   

ToDo:

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- ☐

notes:

I am stronger than my excuses.

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

Wednesday

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June 26

mood: 😊 😐 😞

ToDo:

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- ☐
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- ☐
- ☐
- ☐

notes:

Good things are going to happen.

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

Thursday

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June 27

mood: 😊 😐 😞

ToDo:

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notes:

I believe in the woman I am becoming.

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

Friday

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June 28

mood:



ToDo:

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notes:

I am unaffected by the judgement of others.

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

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June 29

mood:



ToDo:

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notes:

I am healthy and happy.

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

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June 30

mood:



ToDo:

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notes:

I am valuable.

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

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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
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Tuesday

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July 2

mood:



ToDo:

- ☐ ☐ ☐ ☒ ☐

notes:

I am ready to manifest abundance.

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

Wednesday

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July 3

mood: 😊 😐 😞

ToDo:

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notes:

I am worthy of love and happiness.

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

Thursday

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July 4

mood: 😊 😐 😞

ToDo:

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notes:

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

Friday

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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
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Saturday

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July 6

mood:



ToDo:

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notes:

I don't fail, I learn.

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

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July 7

mood:



ToDo:

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notes:

I will achieve the goals I set.

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

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July 8

mood:



ToDo:

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notes:

I take action towards my goal s
everyday.

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

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July 9

mood:



ToDo:

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notes:

I am worthy of my goals and dreams.

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

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Jul y 10

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am kind and I am patient.

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

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Jul y 11

mood:



ToDo:

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notes:

I am manifesting my dream life.

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

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July 12

mood:



ToDo:

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notes:

I choose to see the bright side.

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

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Jul y 13

mood:



ToDo:

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notes:

I choose to let go of all my anger.

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

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Jul y 14

mood:



ToDo:

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notes:

I have important ideas and my ideas matter.

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

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Jul y 15

mood:



ToDo:

- [illegible]

notes:

I am prepared for new challenges.

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

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Jul y 16

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I attract the love I desire.

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

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July 17

mood: 😊 😐 😞

ToDo:

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notes:

I have the power to create change.

January
February
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April
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July
August
September
October
November
December
stickers

Thursday

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July 18

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I choose what I become

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

Friday

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July 19

mood:   

ToDo:

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notes:

Today and everyday I choose to be happy

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

Saturday

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July 20

mood:



ToDo:

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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

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Jul y 21

mood:



ToDo:

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notes:

I am worthy of increasing my income.

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

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July 22

mood: 😊 😐 😞

ToDo:

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notes:

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

January
February
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April
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June
July
August
September
October
November
December
stickers

Tuesday

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July 23

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
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Wednesday

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July 24

mood: 😊 😐 😞

ToDo:

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- ☐

notes:

I make peace with what I can't control.

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

Thursday

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July 25

mood: 😊 😐 😞

ToDo:

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- ☐
- ☐
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notes:

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

Friday

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July 26

mood:



ToDo:

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notes:

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

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

Saturday

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Jul y 27

mood:



ToDo:

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notes:

I am a magnet for positivity and blessings.

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

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Jul y 28

mood:



ToDo:

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notes:

I forgive myself.

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

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July 29

mood: 😊 😐 😞

ToDo:

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notes:

I believe in myself and all of my abilities.

January
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August
September
October
November
December
stickers

Tuesday

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July 30

mood: 😊 😐 😞

ToDo:

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notes:

I am strong and I am powerful.

January
February
March
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May
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July
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September
October
November
December
stickers

Wednesday

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July 31

mood: 😊 😐 😞

ToDo:

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notes:

I deserve to be happy.

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

August

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

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

spent:

earned:

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

Thursday

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August 1

mood:



ToDo:

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notes:

I am enough.

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

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August 2

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
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Saturday

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August 3

mood:



ToDo:

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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
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Sunday

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August 4

mood:



ToDo:

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notes:

Today is going to be the best day.

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

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August 5

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I deserve self-care.

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

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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.

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

Wednesday

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August 7

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

Thursday

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August 8

mood:



ToDo:

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notes:

I attract opportunity.

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

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August 9

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I love my body.

Saturday

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August 10

mood:



ToDo:

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notes:

I am determined to succeed.

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

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August 11

mood:



ToDo:

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notes:

I choose to be optimistic.

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

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August 13

mood: 😊 😐 😞

ToDo:

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notes:

I am resilient.

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

Wednesday

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August 14

mood: 😊 😐 😞

ToDo:

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notes:

I strive to have a growth mindset.

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

Thursday

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August 15

mood: 😊 😐 😞

ToDo:

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notes:

I accept the good things that are coming my way.

Friday

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August 16

mood:



ToDo:

- [illegible]

notes:

I no longer fear the unknown.

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

Saturday

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August 17

mood: 😊 😐 😞

ToDo:

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notes:

I choose to focus only on what I can control .

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

Sunday

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August 18

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am enough.

Monday

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August 19

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
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Tuesday

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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
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Wednesday

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August 21

mood: 😊 😐 😞

ToDo:

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notes:

I choose to be fearless today and everyday.

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

Thursday

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August 22

mood:



ToDo:

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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
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Saturday

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August 24

mood:



ToDo:

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notes:

Done is better than perfect.

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

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August 25

mood: 😊 😐 😞

ToDo:

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notes:

I will accomplish anything I focus on.

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

Monday

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August 26

mood:



ToDo:

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notes:

I am a positive person who attracts positivity.

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

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August 27

mood: 😊 😐 😞

ToDo:

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notes:

I release all doubts and insecurities about myself.

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

Wednesday

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August 28

mood:



ToDo:

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notes:

Today I choose to make myself happy.

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

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August 29

mood: 😊 😐 😞

ToDo:

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notes:

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

Friday

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August 30

mood: 😊 😐 😞

ToDo:

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notes:

I will attract what belongs to me.

January
February
March
April
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June
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August
September
October
November
December
stickers

Saturday

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August 31

mood: 😊 😐 😞

ToDo:

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notes:

I am a money magnet.

January
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July
August
September
October
November
December
stickers

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

goals

What aspects of yourself do you want to work on?

What skills do you want to work on?

How do you plan to take care of yourself?

reflection

What did you achieve this month?

How did you feel about this month?

List 3 things you are grateful for.

Sunday

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September 1

mood:   

ToDo:

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notes:

I have the power to create the life I desire.

Monday

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September 2

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
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Tuesday

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September 3

mood: 😊 😐 😞

ToDo:

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notes:

I am allowed to say no to others
and yes to myself.

January
February
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July
August
September
October
November
December
stickers

Wednesday

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September 4

mood: 😊 😐 😞

ToDo:

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notes:

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

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

Thursday

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September 5

mood: 😊 😐 😞

ToDo:

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notes:

I will not compare myself to others.

January
February
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August
September
October
November
December
stickers

Friday

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September 6

mood:



ToDo:

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notes:

I am talented and intelligent.

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

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September 7

mood: 😊 😐 😞

ToDo:

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notes:

My possibilities are endless.

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

Sunday

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September 8

mood:   

ToDo:

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notes:

I am doing my best.

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

Monday

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September 9



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

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

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September 10

mood:   

ToDo:

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- ☐
- ☐

notes:

I am I loved.

January
February
March
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May
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July
August
September
October
November
December
stickers

Wednesday

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September 11

mood:   

ToDo:

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- ☐
- ☐

notes:

I have a purpose.

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

Thursday

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September 12

mood: 😊 😐 😞

ToDo:

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notes:

My courage and strength are more powerful than my doubts.

Friday

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September 13

mood:



ToDo:

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notes:

My goal s are attainabl e.

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

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September 14

mood:   

ToDo:

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notes:

I choose to live my life to the fullest.

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

Sunday

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September 15

mood:



ToDo:

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notes:

I am grateful to be alive.

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

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September 16

mood: 😊 😐 😞

ToDo:

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notes:

I trust my intuition and I al ways
make wise decisions.

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

Tuesday

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September 17

mood:   

ToDo:

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- ☐
- ☐

notes:

I am motivated.

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

Wednesday

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September 18

mood: 😊 😐 😞

ToDo:

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notes:

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

January
February
March
April
May
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August
September
October
November
December
stickers

Thursday

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September 19

mood: 😊 😐 😞

ToDo:

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notes:

I breathe in courage and exhale doubt.

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

Friday

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

Saturday

6

7

8

9

10

11

12

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14

15

16

17

18

19

20

21

22

23

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5

September 21

mood:



ToDo:

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notes:

I am confident.

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

Sunday

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September 22

mood:   

ToDo:

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- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

notes:

I am limitless.

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

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September 23

mood:   

ToDo:

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

notes:

I am al ways growing and ready to learn.

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

Tuesday

6

7

8

9

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11

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September 24

mood: 😊 😐 😞

ToDo:

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notes:

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

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

Wednesday

6

7

8

9

10

11

12

13

14

15

16

17

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21

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23

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September 25

mood: 😊 😐 😞

ToDo:

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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

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September 26

mood: 😊 😐 😞

ToDo:

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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

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14

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September 27

mood:   

ToDo:

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- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

notes:

I allow new beginnings in my life.

Saturday

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September 28

mood: 😊 😐 😞

ToDo:

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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

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9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

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September 29

mood: 😊 😐 😞

ToDo:

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notes:

I have the ability to solve every problem I face.

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

Monday

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10

11

12

13

14

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September 30

mood:   

ToDo:

- ☐
- ☐
- ☐
- ☐
- ☐
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- ☐
- ☐
- ☐
- ☐

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

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October 1

mood: 😊 😐 😞

ToDo:

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notes:

I am in alignment with my soul purpose.

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

Wednesday

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23

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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

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October 3

mood: 😊 😐 😞

ToDo:

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notes:

I am stronger than my excuses.

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

Friday

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October 4

mood:



ToDo:

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notes:

Good things are going to happen.

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

Saturday

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October 5

mood:   

ToDo:

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- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

notes:

I believe in the woman I am becoming.

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

Sunday

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12

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October 6

mood: 😊 😐 😞

ToDo:

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notes:

I am unaffected by the judgement of others.

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

Monday

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October 7

mood:



ToDo:

- ☐ ☐ ☐ ☒ ☐

notes:

I am healthy and happy.

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

Tuesday

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October 8

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am valuable.

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

Wednesday

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October 9

mood: 😊 😐 😞

ToDo:

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notes:

Money making opportunities are al ways coming my way.

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

Thursday

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October 10

mood: 😊 😐 😞

ToDo:

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notes:

I am ready to manifest abundance.

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

Friday

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October 11

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐ ☐ ☐

notes:

I am worthy of love and happiness.

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

Saturday

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October 12

mood: 😊 😐 😞

ToDo:

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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

Sunday

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October 13

mood:



ToDo:

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notes:

I am grateful for all that I have.

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

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23
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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

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October 15

mood: 😊 😐 😞

ToDo:

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notes:

I will achieve the goals I set.

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

Wednesday

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12

13

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October 16

mood: 😊 😐 😞

ToDo:

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notes:

I take action towards my goal s everyday.

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

Thursday

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October 17

mood: 😊 😐 😞

ToDo:

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- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

notes:

I am worthy of my goals and dreams.

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

Friday

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October 18

mood:



ToDo:

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notes:

I am kind and I am patient.

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

Saturday

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October 19

mood: 😄 😐 😞

ToDo:

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notes:

I am manifesting my dream life.

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

Sunday

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October 20

mood:   

ToDo:

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- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

notes:

I choose to see the bright side.

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

Monday

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12

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October 21

mood:



ToDo:

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notes:

I choose to let go of all my anger.

Tuesday

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October 22

mood: 😊 😐 😞

ToDo:

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notes:

I have important ideas and my ideas matter.

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

Wednesday

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October 23

mood:



ToDo:

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notes:

I am prepared for new challenges.

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

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October 24

mood: 😊 😐 😞

ToDo:

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- ☐
- ☐
- ☐
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- ☐
- ☐
- ☐

notes:

I attract the love I desire.

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

Friday

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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

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October 26

mood: 😊 😐 😞

ToDo:

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notes:

I choose what I become

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

Sunday

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October 27

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☒ ☐

notes:

Today and everyday I choose to be happy

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

Monday

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October 28

mood:   

ToDo:

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- ☐
- ☐
- ☐
- ☐
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- ☐
- ☐

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

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October 29

mood:   

ToDo:

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- ☐
- ☐
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notes:

I am worthy of increasing my income.

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

Wednesday

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October 30

mood: 😊 😐 😞

ToDo:

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- ☐
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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

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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:

Saturday

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November 2

mood:



ToDo:

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notes:

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

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

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November 3

mood:



ToDo:

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notes:

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

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

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November 5

mood:



ToDo:

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notes:

I forgive myself.

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

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November 6

mood: 😊 😐 😞

ToDo:

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notes:

I believe in myself and all of my abilities.

January
February
March
April
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July
August
September
October
November
December
stickers

Thursday

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November 7

mood: 😊 😐 😞

ToDo:

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notes:

I am strong and I am powerful .

January
February
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April
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July
August
September
October
November
December
stickers

Friday

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November 8

mood:



ToDo:

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notes:

I deserve to be happy.

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

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November 9

mood: 😊 😐 😞

ToDo:

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notes:

I am enough.

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

Sunday

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November 10

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

Monday

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November 11

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
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Tuesday

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November 12

mood:   

ToDo:

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notes:

Today is going to be the best day.

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

Wednesday

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November 13

mood:   

ToDo:

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notes:

I deserve self-care.

January
February
March
April
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July
August
September
October
November
December
stickers

Thursday

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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.

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

Friday

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November 15

mood:



ToDo:

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notes:

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

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

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November 16

mood:



ToDo:

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notes:

I attract opportunity.

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

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November 17

mood:   

ToDo:

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notes:

I love my body.

January
February
March
April
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July
August
September
October
November
December
stickers

Monday

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November 18

mood:



ToDo:

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notes:

I am determined to succeed.

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

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November 19

mood:



ToDo:

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notes:

I choose to be optimistic.

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

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November 20

mood: 😊 😐 😞

ToDo:

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notes:

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

January
February
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September
October
November
December
stickers

Thursday

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November 21

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am resilient.

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

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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
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Saturday

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November 23

mood:   

ToDo:

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notes:

I accept the good things that are coming my way.

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

Sunday

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November 24

mood:



ToDo:

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notes:

I no longer fear the unknown.

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

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November 25

mood:   

ToDo:

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- ☐

notes:

I choose to focus only on what I can control .

January
February
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April
May
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July
August
September
October
November
December
stickers

Tuesday

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November 26

mood:



ToDo:

- [illegible]

notes:

I am enough.

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

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November 27

mood: 😊 😐 😞

ToDo:

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notes:

I am resilient enough to take on every obstacle that stands in my way.

January
February
March
April
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July
August
September
October
November
December
stickers

Thursday

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November 28

mood:   

ToDo:

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notes:

My past does not define my future.

Friday

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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
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Saturday

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November 30

mood:



ToDo:

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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
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December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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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.

Sunday

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December 1

mood: 😊 😐 😞

ToDo:

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notes:

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

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

Monday

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December 2

mood: 😊 😐 😞

ToDo:

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notes:

Done is better than perfect.

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

Tuesday

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December 3

mood:   

ToDo:

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- ☐
- ☐
- ☐
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- ☐
- ☐

notes:

I will accomplish anything I focus on.

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

Wednesday

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December 4

mood: 😊 😐 😞

ToDo:

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notes:

I am a positive person who attracts positivity.

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

Thursday

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December 5

mood:   

ToDo:

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- ☐
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notes:

I release all doubts and insecurities about myself.

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

Friday

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December 6

mood:



ToDo:

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notes:

Today I choose to make myself happy.

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

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December 7

mood: 😊 😐 😞

ToDo:

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notes:

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

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

Sunday

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December 8

mood:

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😐

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ToDo:

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notes:

I will attract what belongs to me.

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

Tuesday

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December 10

mood:   

ToDo:

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notes:

I have the power to create the life I desire.

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

Wednesday

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December 11

mood: 😊 😐 😞

ToDo:

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notes:

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

January
February
March
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August
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October
November
December
stickers

Thursday

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December 12

mood:



ToDo:

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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
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Friday

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December 13

mood:



ToDo:

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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
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Saturday

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December 14

mood: 😊 😐 😞

ToDo:

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notes:

I will not compare myself to others.

January
February
March
April
May
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September
October
November
December
stickers

Sunday

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December 15

mood: 😊 😐 😞

ToDo:

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notes:

I am talented and intelligent.

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

Monday

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December 16

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

My possibilities are endless.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Tuesday

6

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13

14

15

16

17

18

19

20

21

22

23

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December 17

mood:



ToDo:

- ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

notes:

I am doing my best.

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

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December 18

mood: 😊 😐 😞

ToDo:

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notes:

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

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

Thursday

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December 19

mood:   

ToDo:

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

notes:

I am I loved.

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

Friday

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December 20

mood:



ToDo:

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notes:

I have a purpose.

January

February

March

April

May

June

July

August

September

October

November

December

stickers

Saturday

6

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12

13

14

15

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23

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December 21

mood: 😊 😐 😞

ToDo:

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notes:

My courage and strength are more powerful than my doubts.

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

Sunday

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December 22

mood:   

ToDo:

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

notes:

My goal s are attainabl e.

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

Monday

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December 23

mood: 😊 😐 😞

ToDo:

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notes:

I choose to live my life to the fullest.

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

Tuesday

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December 24

mood:



ToDo:

- [illegible]

notes:

I am grateful to be alive.

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

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December 25

mood: 😊 😐 😞

ToDo:

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notes:

I trust my intuition and I al ways
make wise decisions.

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

Thursday

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December 26

mood:



ToDo:

- ☐ ☐ ☐ ☐ ☐

notes:

I am motivated.

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

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December 27

mood:



ToDo:

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notes:

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

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

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December 28

mood: 😊 😐 😞

ToDo:

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notes:

I breathe in courage and exhale doubt.

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

Sunday

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December 29

mood:



ToDo:

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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
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Monday

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December 30

mood:



ToDo:

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notes:

I am confident.

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

stickers

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