

2021
ReCalendar

< DEC 2020 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	30	1	2	3	4	5	6	R
50	7	8	9	10	11	12	13	R
51	14	15	16	17	18	19	20	R
52	21	22	23	24	25	26	27	R
53	28	29	30	31	1	2	3	R

WEEK « **53** »**28 DECEMBER - 03 JANUARY**

Monday	28 DEC	Tuesday	29 DEC	Wednesday	30 DEC			
Thursday	31 DEC	Friday » New Years'!	01 JAN	Saturday	02 JAN			
Sunday	03 JAN	<i>Plan a hike Schedule calls</i>						

< DEC 2020 >

DECEMBER « **28** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	30	1	2	3	4	5	6	R
50	7	8	9	10	11	12	13	R
51	14	15	16	17	18	19	20	R
52	21	22	23	24	25	26	27	R
53	28	29	30	31	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2020 >

DECEMBER « **29** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	30	1	2	3	4	5	6	R
50	7	8	9	10	11	12	13	R
51	14	15	16	17	18	19	20	R
52	21	22	23	24	25	26	27	R
53	28	29	30	31	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2020 >

DECEMBER « **30** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	30	1	2	3	4	5	6	R
50	7	8	9	10	11	12	13	R
51	14	15	16	17	18	19	20	R
52	21	22	23	24	25	26	27	R
53	28	29	30	31	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2020 >

DECEMBER « **31** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	30	1	2	3	4	5	6	R
50	7	8	9	10	11	12	13	R
51	14	15	16	17	18	19	20	R
52	21	22	23	24	25	26	27	R
53	28	29	30	31	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JAN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

JANUARY

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
Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Book																														
Run																														
Exercise																														
Bike																														
Hobby																														

MAIN GOAL

NOTES

< JAN 2021 >

JANUARY « **01** »
FRIDAY

» New Years!

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **02** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **03** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY « **53** »
RETROSPECTIVE

28 DECEMBER - 03 JANUARY

< DEC 2020 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	30	1	2	3	4	5	6	R
50	7	8	9	10	11	12	13	R
51	14	15	16	17	18	19	20	R
52	21	22	23	24	25	26	27	R
53	28	29	30	31	1	2	3	R

< JAN 2021 >

1

WEEK

04 JANUARY - 10 JANUARY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

Monday

04 JAN

Tuesday

05 JAN

Wednesday

06 JAN

Thursday

07 JAN

Friday

08 JAN

Saturday

09 JAN

Sunday

10 JAN

*Plan a hike
Schedule calls*

< JAN 2021 >

JANUARY « **04** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **05** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **06** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **07** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JAN 2021 >

JANUARY « **08** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **09** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **10** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

1

04 JANUARY - 10 JANUARY

< JAN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

< JAN 2021 >

WEEK «

2 »

11 JANUARY - 17 JANUARY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

Monday 11 JAN
» Some important anniversary
» John's birthday

Tuesday 12 JAN

Wednesday 13 JAN
» Some other important date

Thursday 14 JAN

Friday 15 JAN

Saturday 16 JAN
» Imaginary Calendar Day

Sunday 17 JAN

*Plan a hike
Schedule calls*

< JAN 2021 >

JANUARY

11

MONDAY

- » Some important anniversary
- » John's birthday

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **12** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **13** »

» Some other important date

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **14** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JAN 2021 >

JANUARY « **15** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **16** »

» Imaginary Calendar Day

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **17** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

2

«

»

11 JANUARY - 17 JANUARY

< JAN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

< JAN 2021 >

WEEK 8

3

11

»

18 JANUARY - 24 JANUARY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

Monday

18 JAN

Tuesday

19 JAN

Wednesday

20 JAN

Thursday

21JAN

Friday

22 JAN

Saturday

23 JAN

Sunday

24 JAN

*Plan a hike
Schedule calls*

< JAN 2021 >

JANUARY « **18** » MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **19** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **20** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **21** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JAN 2021 >

JANUARY « **22** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **23** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **24** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

3

«

»

18 JANUARY - 24 JANUARY

< JAN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

< JAN 2021 >

WEEK «

4 »

25 JANUARY - 31 JANUARY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

Monday

25 JAN

Tuesday

26 JAN

Wednesday

27 JAN

Thursday

28 JAN

Friday

29 JAN

Saturday

30 JAN

» Maybe some holiday?

Sunday

31 JAN

*Plan a hike
Schedule calls*

< JAN 2021 >

JANUARY « **25** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **26** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **27** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **28** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JAN 2021 >

JANUARY « **29** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **30** »

» Maybe some holiday?

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2021 >

JANUARY « **31** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

4

«

»

25 JANUARY - 31 JANUARY

< JAN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
53	28	29	30	31	1	2	3	R
1	4	5	6	7	8	9	10	R
2	11	12	13	14	15	16	17	R
3	18	19	20	21	22	23	24	R
4	25	26	27	28	29	30	31	R

< FEB 2021 >

WEEK

5

«

»

01 FEBRUARY - 07 FEBRUARY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

Monday 01 FEB	Tuesday 02 FEB	Wednesday 03 FEB						
Thursday 04 FEB	Friday 05 FEB	Saturday 06 FEB						
Sunday 07 FEB	Plan a hike Schedule calls							

< FEB 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

FEBRUARY

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
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Book																											
Run																											
Exercise																											
Bike																											
Hobby																											

MAIN GOAL

NOTES

< FEB 2021 >

FEBRUARY « **01** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY **02** TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **03** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **04** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< FEB 2021 >

FEBRUARY « **05** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **06** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **07** » SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

5

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01 FEBRUARY - 07 FEBRUARY

< FEB 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

< FEB 2021 >

WEEK

1

6

2

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

08 FEBRUARY - 14 FEBRUARY

Monday	08 FEB	Tuesday	09 FEB	Wednesday	10 FEB
Thursday	11 FEB	Friday	12 FEB	Saturday	13 FEB
Sunday » Valentine's Day	14 FEB	<i>Plan a hike Schedule calls</i>			

< FEB 2021 >

FEBRUARY « 08 »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « 09 »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **10** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **11** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< FEB 2021 >

FEBRUARY « **12** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **13** » SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **14** »
SUNDAY

» Valentine's Day

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

6

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08 FEBRUARY - 14 FEBRUARY

< FEB 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

< FEB 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

WEEK

7

1

3

15 FEBRUARY - 21 FEBRUARY

Monday	15 FEB	Tuesday	16 FEB	Wednesday	17 FEB
Thursday	18 FEB	Friday	19 FEB	Saturday	20 FEB
Sunday	21 FEB	<i>Plan a hike Schedule calls</i>			

< FEB 2021 >

FEBRUARY « **15** » MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **16** » TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **17** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **18** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< FEB 2021 >

FEBRUARY

« 19 »

FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **20** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY **21** SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

7

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15 FEBRUARY - 21 FEBRUARY

< FEB 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

< FEB 2021 >

WEEK

8

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22 FEBRUARY - 28 FEBRUARY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

Monday 22 FEB	Tuesday 23 FEB	Wednesday 24 FEB » Some super long celebration that tests how the text breaks into multiple lines
Thursday 25 FEB	Friday 26 FEB	Saturday 27 FEB
Sunday 28 FEB	<i>Plan a hike Schedule calls</i>	

< FEB 2021 >

FEBRUARY « **22** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY **23** TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

FEBRUARY

« 24 »

» Some super long celebration that
tests how the text breaks into
multiple lines

WEDNESDAY

< FEB 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **25** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< FEB 2021 >

FEBRUARY

« 26 »

FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY « **27** » SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

< FEB 2021 >

FEBRUARY **28** SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

8

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22 FEBRUARY - 28 FEBRUARY

< FEB 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	1	2	3	4	5	6	7	R
6	8	9	10	11	12	13	14	R
7	15	16	17	18	19	20	21	R
8	22	23	24	25	26	27	28	R

< MAR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

WEEK

9

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01 MARCH - 07 MARCH

Monday 01 MAR	Tuesday 02 MAR	Wednesday 03 MAR						
Thursday 04 MAR	Friday 05 MAR	Saturday 06 MAR						
Sunday 07 MAR	Plan a hike Schedule calls							

< MAR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

MARCH

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	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	
Book																															
Run																															
Exercise																															
Bike																															
Hobby																															

MAIN GOAL

NOTES

< MAR 2021 >

MARCH « **01** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « 02 »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **03** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **04** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< MAR 2021 >

MARCH « **05** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **06** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **07** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

9

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»

01 MARCH - 07 MARCH

< MAR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

< MAR 2021 >

WEEK « **10** »

08 MARCH - 14 MARCH

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

Monday 08 MAR	Tuesday 09 MAR	Wednesday 10 MAR						
Thursday 11 MAR	Friday 12 MAR	Saturday 13 MAR						
Sunday 14 MAR	Plan a hike Schedule calls							

< MAR 2021 >

MARCH « 08 »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **09** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **10** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **11** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< MAR 2021 >

MARCH « **12** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **13** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **14** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY « **10** »
RETROSPECTIVE

08 MARCH - 14 MARCH

< MAR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

< MAR 2021 >

WEEK « **11** »**15 MARCH - 21 MARCH**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

Monday 15 MAR	Tuesday 16 MAR	Wednesday 17 MAR						
Thursday 18 MAR	Friday 19 MAR	Saturday 20 MAR						
Sunday 21 MAR	<i>Plan a hike Schedule calls</i>							

< MAR 2021 >

MARCH « **15** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **16** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **17** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **18** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< MAR 2021 >

MARCH « **19** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **20** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **21** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

11

15 MARCH - 21 MARCH

< MAR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

< MAR 2021 >

WEEK « **12** »**22 MARCH - 28 MARCH**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

Monday	22 MAR	Tuesday	23 MAR	Wednesday	24 MAR			
Thursday	25 MAR	Friday	26 MAR	Saturday	27 MAR			
Sunday	28 MAR	<i>Plan a hike Schedule calls</i>						

< MAR 2021 >

MARCH « **22** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **23** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **24** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **25** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< MAR 2021 >

MARCH « **26** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **27** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **28** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

12

22 MARCH - 28 MARCH

< MAR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

< MAR 2021 >

WEEK « **13** »**29 MARCH - 04 APRIL**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

Monday	29 MAR	Tuesday	30 MAR	Wednesday	31 MAR			
Thursday	01 APR	Friday	02 APR	Saturday	03 APR			
Sunday	04 APR	<i>Plan a hike Schedule calls</i>						

< MAR 2021 >

MARCH « **29** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **30** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAR 2021 >

MARCH « **31** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

APRIL

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
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Book																													
Run																													
Exercise																													
Bike																													
Hobby																													

MAIN GOAL

NOTES

< APR 2021 >

APRIL « **01** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< APR 2021 >

APRIL « **02** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **03** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **04** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY « **13** »
RETROSPECTIVE

29 MARCH - 04 APRIL

< MAR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	1	2	3	4	5	6	7	R
10	8	9	10	11	12	13	14	R
11	15	16	17	18	19	20	21	R
12	22	23	24	25	26	27	28	R
13	29	30	31	1	2	3	4	R

< APR 2021 >

WEEK « **14** »**05 APRIL - 11 APRIL**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

Monday 05 APR	Tuesday 06 APR	Wednesday 07 APR						
Thursday 08 APR	Friday 09 APR	Saturday 10 APR						
Sunday 11 APR	Plan a hike Schedule calls							

< APR 2021 >

APRIL « **05** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **06** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **07** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **08** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< APR 2021 >

APRIL « **09** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **10** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **11** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« **14** »

05 APRIL - 11 APRIL

< APR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

< APR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

WEEK 15

12 APRIL - 18 APRIL

Monday	12 APR	Tuesday	13 APR	Wednesday	14 APR
Thursday	15 APR	Friday	16 APR	Saturday	17 APR
Sunday	18 APR	<i>Plan a hike Schedule calls</i>			

< APR 2021 >

APRIL « **12** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **13** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **14** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **15** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< APR 2021 >

APRIL « **16** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **17** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **18** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **15** »

12 APRIL - 18 APRIL

< APR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

< APR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

WEEK « **16** »**19 APRIL - 25 APRIL**

Monday	19 APR	Tuesday	20 APR	Wednesday	21 APR			
Thursday	22 APR	Friday	23 APR	Saturday	24 APR			
Sunday	25 APR	<i>Plan a hike Schedule calls</i>						

< APR 2021 >

APRIL « **19** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **20** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **21** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **22** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< APR 2021 >

APRIL « **23** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **24** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **25** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **16** »

19 APRIL - 25 APRIL

< APR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

< APR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

WEEK « **17** »**26 APRIL - 02 MAY**

Monday 26 APR	Tuesday 27 APR	Wednesday 28 APR						
Thursday 29 APR	Friday 30 APR	Saturday 01 MAY						
Sunday 02 MAY	Plan a hike Schedule calls							

< APR 2021 >

APRIL « **26** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **27** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **28** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< APR 2021 >

APRIL « **29** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< APR 2021 >

APRIL « **30** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

MAY

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
Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Book																														
Run																														
Exercise																														
Bike																														
Hobby																														

MAIN GOAL

NOTES

< MAY 2021 >

MAY « **01** »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **02** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **17** »

26 APRIL - 02 MAY

< APR 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
13	29	30	31	1	2	3	4	R
14	5	6	7	8	9	10	11	R
15	12	13	14	15	16	17	18	R
16	19	20	21	22	23	24	25	R
17	26	27	28	29	30	1	2	R

< MAY 2021 >

WEEK « **18** »**03 MAY - 09 MAY**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

Monday 03 MAY	Tuesday 04 MAY » Star Wars Day » Will Arnett's birthday	Wednesday 05 MAY
Thursday 06 MAY	Friday 07 MAY	Saturday 08 MAY
Sunday 09 MAY	Plan a hike Schedule calls	

< MAY 2021 >

MAY « **03** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « 04 »

» Star Wars Day
» Will Arnett's birthday

TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **05** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **06** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< MAY 2021 >

MAY « **07** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **08** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **09** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

« **18** »

03 MAY - 09 MAY

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

WEEK « **19** »**10 MAY - 16 MAY**

Monday 10 MAY	Tuesday 11 MAY	Wednesday 12 MAY						
Thursday 13 MAY	Friday 14 MAY	Saturday 15 MAY						
Sunday 16 MAY	<i>Plan a hike Schedule calls</i>							

< MAY 2021 >

MAY « **10** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **11** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **12** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **13** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< MAY 2021 >

MAY « **14** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **15** »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **16** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY « **19** »
RETROSPECTIVE

10 MAY - 16 MAY

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

WEEK « **20** »**17 MAY - 23 MAY**

Monday 17 MAY	Tuesday 18 MAY	Wednesday 19 MAY						
Thursday 20 MAY	Friday 21 MAY	Saturday 22 MAY						
Sunday 23 MAY	<i>Plan a hike Schedule calls</i>							

< MAY 2021 >

MAY « **17** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **18** »

TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **19** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **20** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< MAY 2021 >

MAY « **21** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **22** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **23** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

« **20** »

17 MAY - 23 MAY

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

WEEK « **21** »**24 MAY - 30 MAY**

Monday 24 MAY	Tuesday 25 MAY	Wednesday 26 MAY						
Thursday 27 MAY	Friday 28 MAY	Saturday 29 MAY						
Sunday 30 MAY	<i>Plan a hike Schedule calls</i>							

< MAY 2021 >

MAY « **24** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **25** »

TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **26** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **27** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< MAY 2021 >

MAY « **28** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **29** »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< MAY 2021 >

MAY « **30** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« **21** »

24 MAY - 30 MAY

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

WEEK « **22** »**31 MAY - 06 JUNE**

Monday	31 MAY	Tuesday	01 JUN	Wednesday	02 JUN			
Thursday	03 JUN	Friday	04 JUN	Saturday	05 JUN			
Sunday	06 JUN	<i>Plan a hike Schedule calls</i>						

< MAY 2021 >

MAY « **31** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

JUNE

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
Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Book																													
Run																													
Exercise																													
Bike																													
Hobby																													

MAIN GOAL

NOTES

< JUN 2021 >

JUNE « **01** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **02** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **03** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUN 2021 >

JUNE « **04** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **05** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **06** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY « **22** »
RETROSPECTIVE

31 MAY - 06 JUNE

< MAY 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
17	26	27	28	29	30	1	2	R
18	3	4	5	6	7	8	9	R
19	10	11	12	13	14	15	16	R
20	17	18	19	20	21	22	23	R
21	24	25	26	27	28	29	30	R

< JUN 2021 >

WEEK « **23** »**07 JUNE - 13 JUNE**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

Monday 07 JUN	Tuesday 08 JUN	Wednesday 09 JUN
Thursday 10 JUN	Friday 11 JUN	Saturday 12 JUN
Sunday 13 JUN	<i>Plan a hike</i> <i>Schedule calls</i>	

< JUN 2021 >

JUNE « **07** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **08** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **09** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **10** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUN 2021 >

JUNE « **11** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **12** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **13** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« **23** »

07 JUNE - 13 JUNE

< JUN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

< JUN 2021 >

WEEK 24

14 JUNE - 20 JUNE

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

Monday

14 JUN

Tuesday

15 JUN

Wednesday

16 JUN

Thursday

17 JUN

Friday

18 JUN

Saturday

19 JUN

Sunday

20 JUN

*Plan a hike
Schedule calls*

< JUN 2021 >

JUNE « **14** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **15** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **16** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **17** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUN 2021 >

JUNE « **18** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **19** »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **20** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **24** »

14 JUNE - 20 JUNE

< JUN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

< JUN 2021 >

WEEK « **25** »**21 JUNE - 27 JUNE**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

Monday	21 JUN	Tuesday	22 JUN	Wednesday	23 JUN			
Thursday	24 JUN	Friday	25 JUN	Saturday	26 JUN			
Sunday	27 JUN	<i>Plan a hike Schedule calls</i>						

< JUN 2021 >

JUNE « **21** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **22** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **23** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **24** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUN 2021 >

JUNE « **25** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **26** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **27** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **25** »

21 JUNE - 27 JUNE

< JUN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

< JUN 2021 >

WEEK « **26** »**28 JUNE - 04 JULY**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

Monday 28 JUN	Tuesday 29 JUN	Wednesday 30 JUN
Thursday 01 JUL	Friday 02 JUL	Saturday 03 JUL
Sunday 04 JUL	<i>Plan a hike Schedule calls</i>	

< JUN 2021 >

JUNE « **28** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE **29** TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUN 2021 >

JUNE « **30** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

JULY

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						
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Mon	Tue	Wed	Thu	Fri	Sat
Book																																				
Run																																				
Exercise																																				
Bike																																				
Hobby																																				

MAIN GOAL

NOTES

< JUL 2021 >

JULY « **01** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUL 2021 >

JULY « **02** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **03** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **04** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **26** »

28 JUNE - 04 JULY

< JUN 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
22	31	1	2	3	4	5	6	R
23	7	8	9	10	11	12	13	R
24	14	15	16	17	18	19	20	R
25	21	22	23	24	25	26	27	R
26	28	29	30	1	2	3	4	R

< JUL 2021 >

WEEK 27

05 JULY - 11 JULY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

Monday

05 JUL

Tuesday

06 JUL

Wednesday

07 JUL

Thursday

08 JUL

Friday

09 JUL

Saturday

10 JUL

Sunday

11 JUL

*Plan a hike
Schedule calls*

< JUL 2021 >

JULY « **05** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **06** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **07** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **08** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUL 2021 >

JULY « **09** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **10** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **11** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **27** »

05 JULY - 11 JULY

< JUL 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

< JUL 2021 >

WEEK 28

12 JULY - 18 JULY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

Monday

12 JUL

Tuesday

13 JUL

Wednesday

14 JUL

Thursday

15 JUL

Friday

16 JUL

Saturday

17 JUL

Sunday

18 JUL

*Plan a hike
Schedule calls*

< JUL 2021 >

JULY « **12** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **13** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **14** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **15** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUL 2021 >

JULY « **16** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **17** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **18** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **28** »

12 JULY - 18 JULY

< JUL 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

< JUL 2021 >

WEEK « **29** »**19 JULY - 25 JULY**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

Monday 19 JUL	Tuesday 20 JUL	Wednesday 21 JUL						
Thursday 22 JUL	Friday 23 JUL	Saturday 24 JUL						
Sunday 25 JUL	Plan a hike Schedule calls							

< JUL 2021 >

JULY « **19** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **20** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **21** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **22** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUL 2021 >

JULY « **23** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **24** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **25** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **29** »

19 JULY - 25 JULY

< JUL 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

< JUL 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

WEEK « **30** »**26 JULY - 01 AUGUST**

Monday	26 JUL	Tuesday	27 JUL	Wednesday	28 JUL			
Thursday	29 JUL	Friday	30 JUL	Saturday	31 JUL			
Sunday	01 AUG	<i>Plan a hike Schedule calls</i>						

< JUL 2021 >

JULY « **26** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **27** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **28** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **29** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< JUL 2021 >

JULY « **30** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< JUL 2021 >

JULY « **31** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

AUGUST

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
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Book																														
Run																														
Exercise																														
Bike																														
Hobby																														

MAIN GOAL

NOTES

< AUG 2021 >

AUGUST « 01 »

SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **30** »

26 JULY - 01 AUGUST

< JUL 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
26	28	29	30	1	2	3	4	R
27	5	6	7	8	9	10	11	R
28	12	13	14	15	16	17	18	R
29	19	20	21	22	23	24	25	R
30	26	27	28	29	30	31	1	R

< AUG 2021 >

WEEK « **31** »

02 AUGUST - 08 AUGUST

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

Monday 02 AUG	Tuesday 03 AUG	Wednesday 04 AUG	Thursday 05 AUG	Friday 06 AUG	Saturday 07 AUG	Sunday 08 AUG
						<i>Plan a hike Schedule calls</i>

< AUG 2021 >

AUGUST « 02 »

MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « 03 »

TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **04** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **05** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< AUG 2021 >

AUGUST « 06 »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « 07 »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « 08 »

SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **31** »

02 AUGUST - 08 AUGUST

< AUG 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R



< AUG 2021 >

WEEK « **32** »**09 AUGUST - 15 AUGUST**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

Monday 09 AUG	Tuesday 10 AUG	Wednesday 11 AUG
Thursday 12 AUG	Friday 13 AUG	Saturday 14 AUG
Sunday 15 AUG	<i>Plan a hike</i> <i>Schedule calls</i>	

< AUG 2021 >

AUGUST « 09 »

MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **10** »

TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **11** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **12** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< AUG 2021 >

AUGUST « **13** »

FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **14** »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **15** »

SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE « **32** »

09 AUGUST - 15 AUGUST

< AUG 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R



< AUG 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

WEEK « **33** »**16 AUGUST - 22 AUGUST**

Monday 16 AUG	Tuesday 17 AUG	Wednesday 18 AUG
Thursday 19 AUG	Friday 20 AUG	Saturday 21 AUG
Sunday 22 AUG	<i>Plan a hike Schedule calls</i>	

< AUG 2021 >

AUGUST « **16** »

MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **17** »

TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **18** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **19** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< AUG 2021 >

AUGUST « **20** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **21** »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **22** »

SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

WEEKLY « RETROSPECTIVE » **33**

16 AUGUST - 22 AUGUST

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R



< AUG 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

WEEK « **34** »**23 AUGUST - 29 AUGUST**

Monday 23 AUG	Tuesday 24 AUG	Wednesday 25 AUG
Thursday 26 AUG	Friday 27 AUG	Saturday 28 AUG
Sunday 29 AUG	<i>Plan a hike Schedule calls</i>	

< AUG 2021 >

AUGUST « **23** »

MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **24** »

TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **25** »

WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **26** »

THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< AUG 2021 >

AUGUST « **27** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **28** »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **29** »

SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

34

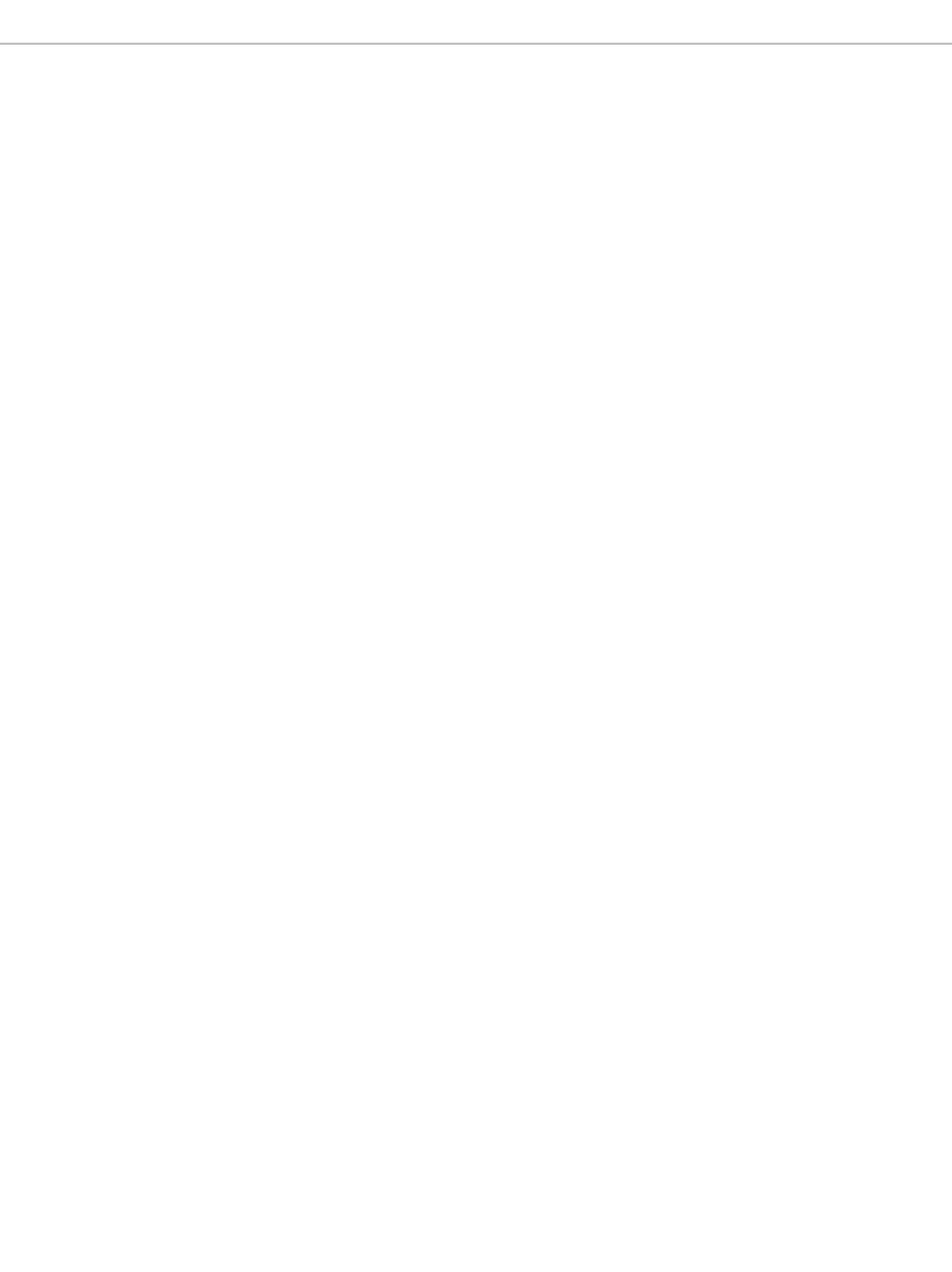
«

»

23 AUGUST - 29 AUGUST

< AUG 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R



< AUG 2021 >

WEEK « **35** »

30 AUGUST - 05 SEPTEMBER

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

Monday 30 AUG	Tuesday 31 AUG	Wednesday 01 SEP
Thursday 02 SEP	Friday 03 SEP	Saturday 04 SEP
Sunday 05 SEP	<i>Plan a hike Schedule calls</i>	

< AUG 2021 >

AUGUST « **30** »

MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< AUG 2021 >

AUGUST « **31** »

TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SEPTEMBER

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
Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Book																													
Run																													
Exercise																													
Bike																													
Hobby																													

MAIN GOAL

NOTES

< SEP 2021 >

SEPTEMBER « **01** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **02** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< SEP 2021 >

SEPTEMBER « **03** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **04** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **05** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

« **35** »

30 AUGUST - 05 SEPTEMBER

< AUG 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
30	26	27	28	29	30	31	1	R
31	2	3	4	5	6	7	8	R
32	9	10	11	12	13	14	15	R
33	16	17	18	19	20	21	22	R
34	23	24	25	26	27	28	29	R
35	30	31	1	2	3	4	5	R



< SEP 2021 >

WEEK « **36** »**06 SEPTEMBER - 12 SEPTEMBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

Monday 06 SEP	Tuesday 07 SEP	Wednesday 08 SEP						
Thursday 09 SEP	Friday 10 SEP	Saturday 11 SEP						
Sunday 12 SEP	<i>Plan a hike Schedule calls</i>							

< SEP 2021 >

SEPTEMBER « **06** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **07** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **08** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **09** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< SEP 2021 >

SEPTEMBER « **10** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **11** » SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **12** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY RETROSPECTIVE

« **36** »

06 SEPTEMBER - 12 SEPTEMBER

< SEP 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

< SEP 2021 >

WEEK « **37** »**13 SEPTEMBER - 19 SEPTEMBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

Monday 13 SEP	Tuesday 14 SEP	Wednesday 15 SEP						
Thursday 16 SEP	Friday 17 SEP	Saturday 18 SEP						
Sunday 19 SEP	<i>Plan a hike Schedule calls</i>							

< SEP 2021 >

SEPTEMBER « **13** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **14** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **15** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **16** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< SEP 2021 >

SEPTEMBER « **17** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **18** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **19** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

37

«

»

13 SEPTEMBER - 19 SEPTEMBER

< SEP 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

< SEP 2021 >

WEEK « **38** »**20 SEPTEMBER - 26 SEPTEMBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

Monday 20 SEP	Tuesday 21 SEP	Wednesday 22 SEP						
Thursday 23 SEP	Friday 24 SEP	Saturday 25 SEP						
Sunday 26 SEP	<i>Plan a hike Schedule calls</i>							

< SEP 2021 >

SEPTEMBER « **20** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **21** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **22** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **23** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< SEP 2021 >

SEPTEMBER « **24** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **25** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **26** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« **38** »

20 SEPTEMBER - 26 SEPTEMBER

< SEP 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

< SEP 2021 >

WEEK « **39** »**27 SEPTEMBER - 03 OCTOBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

Monday 27 SEP	Tuesday 28 SEP	Wednesday 29 SEP						
Thursday 30 SEP	Friday 01 OCT	Saturday 02 OCT						
Sunday 03 OCT	Plan a hike Schedule calls							

< SEP 2021 >

SEPTEMBER « **27** » MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **28** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **29** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

SEPTEMBER « **30** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< OCT 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

OCTOBER

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
Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Book																														
Run																														
Exercise																														
Bike																														
Hobby																														

MAIN GOAL

NOTES

< OCT 2021 >

OCTOBER « **01** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **02** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **03** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< SEP 2021 >

WEEKLY
RETROSPECTIVE

« 39 »

27 SEPTEMBER - 03 OCTOBER

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
35	30	31	1	2	3	4	5	R
36	6	7	8	9	10	11	12	R
37	13	14	15	16	17	18	19	R
38	20	21	22	23	24	25	26	R
39	27	28	29	30	1	2	3	R

< OCT 2021 >

WEEK 40

04 OCTOBER - 10 OCTOBER

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

Monday	04 OCT	Tuesday	05 OCT	Wednesday	06 OCT
Thursday	07 OCT	Friday	08 OCT	Saturday	09 OCT
Sunday	10 OCT	<i>Plan a hike Schedule calls</i>			

< OCT 2021 >

OCTOBER « **04** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **05** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **06** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **07** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< OCT 2021 >

OCTOBER « **08** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **09** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **10** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« 40 »

04 OCTOBER - 10 OCTOBER

< OCT 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

< OCT 2021 >

WEEK 41

11 OCTOBER - 17 OCTOBER

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

Monday

11 OCT

Tuesday

12 OCT

Wednesday

13 OCT

Thursday

14 OCT

Friday

15 OCT

Saturday

16 OCT

Sunday

17 OCT

*Plan a hike
Schedule calls*

< OCT 2021 >

OCTOBER « **11** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **12** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **13** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **14** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< OCT 2021 >

OCTOBER « **15** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **16** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **17** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« 41 »

11 OCTOBER - 17 OCTOBER

< OCT 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

< OCT 2021 >

WEEK « **42** »**18 OCTOBER - 24 OCTOBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

Monday 18 OCT	Tuesday 19 OCT	Wednesday 20 OCT
Thursday 21 OCT	Friday 22 OCT	Saturday 23 OCT
Sunday 24 OCT	<i>Plan a hike Schedule calls</i>	

< OCT 2021 >

OCTOBER « **18** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **19** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **20** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **21** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< OCT 2021 >

OCTOBER « **22** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **23** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **24** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« 42 »

18 OCTOBER - 24 OCTOBER

< OCT 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

< OCT 2021 >

WEEK « **43** »**25 OCTOBER - 31 OCTOBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

Monday 25 OCT	Tuesday 26 OCT	Wednesday 27 OCT
Thursday 28 OCT	Friday 29 OCT	Saturday 30 OCT
Sunday 31 OCT	<i>Plan a hike Schedule calls</i>	

< OCT 2021 >

OCTOBER « **25** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **26** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **27** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **28** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< OCT 2021 >

OCTOBER « **29** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **30** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

< OCT 2021 >

OCTOBER « **31** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« 43 »

25 OCTOBER - 31 OCTOBER

< OCT 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
39	27	28	29	30	1	2	3	R
40	4	5	6	7	8	9	10	R
41	11	12	13	14	15	16	17	R
42	18	19	20	21	22	23	24	R
43	25	26	27	28	29	30	31	R

< NOV 2021 >

WEEK « **44** »**01 NOVEMBER - 07 NOVEMBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

Monday 01 NOV	Tuesday 02 NOV	Wednesday 03 NOV						
Thursday 04 NOV	Friday 05 NOV	Saturday 06 NOV						
Sunday 07 NOV	<i>Plan a hike Schedule calls</i>							

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

NOVEMBER

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
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Book																													
Run																													
Exercise																													
Bike																													
Hobby																													

MAIN GOAL

NOTES

< NOV 2021 >

NOVEMBER « **01** » MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **02** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **03** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **04** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< NOV 2021 >

NOVEMBER « **05** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **06** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **07** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« **44** »

01 NOVEMBER - 07 NOVEMBER

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

< NOV 2021 >

WEEK « **45** »**08 NOVEMBER - 14 NOVEMBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

Monday 08 NOV	Tuesday 09 NOV	Wednesday 10 NOV						
Thursday 11 NOV	Friday 12 NOV	Saturday 13 NOV						
Sunday 14 NOV	Plan a hike Schedule calls							

NOVEMBER

« 08 »

MONDAY

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **09** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOVEMBER « **10** »

WEDNESDAY

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **11** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< NOV 2021 >

NOVEMBER « **12** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **13** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **14** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

45

« »

08 NOVEMBER - 14 NOVEMBER

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

< NOV 2021 >

WEEK « **46** »**15 NOVEMBER - 21 NOVEMBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

Monday 15 NOV	Tuesday 16 NOV	Wednesday 17 NOV						
Thursday 18 NOV	Friday 19 NOV	Saturday 20 NOV						
Sunday 21 NOV	<i>Plan a hike Schedule calls</i>							

< NOV 2021 >

NOVEMBER « **15** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **16** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **17** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **18** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< NOV 2021 >

NOVEMBER « **19** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **20** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **21** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« **46** »

15 NOVEMBER - 21 NOVEMBER

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

< NOV 2021 >

WEEK « **47** »**22 NOVEMBER - 28 NOVEMBER**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

Monday 22 NOV	Tuesday 23 NOV	Wednesday 24 NOV						
Thursday 25 NOV	Friday 26 NOV	Saturday 27 NOV						
Sunday 28 NOV	Plan a hike Schedule calls							

< NOV 2021 >

NOVEMBER « **22** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOVEMBER « **23** »
TUESDAY

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **24** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **25** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< NOV 2021 >

NOVEMBER « **26** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **27** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< NOV 2021 >

NOVEMBER « **28** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

47

« »

22 NOVEMBER - 28 NOVEMBER

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

< NOV 2021 >

WEEK « **48** »

29 NOVEMBER - 05 DECEMBER

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

Monday 29 NOV	Tuesday 30 NOV	Wednesday 01 DEC						
Thursday 02 DEC	Friday 03 DEC	Saturday 04 DEC						
Sunday 05 DEC	<i>Plan a hike Schedule calls</i>							

< NOV 2021 >

NOVEMBER « **29** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

NOVEMBER

« **30** »

TUESDAY

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

DECEMBER

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
Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Book																														
Run																														
Exercise																														
Bike																														
Hobby																														

MAIN GOAL

NOTES

< DEC 2021 >

DECEMBER « **01** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **02** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< DEC 2021 >

DECEMBER « **03** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **04** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **05** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

48

« »

29 NOVEMBER - 05 DECEMBER

< NOV 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
44	1	2	3	4	5	6	7	R
45	8	9	10	11	12	13	14	R
46	15	16	17	18	19	20	21	R
47	22	23	24	25	26	27	28	R
48	29	30	1	2	3	4	5	R

< DEC 2021 >

WEEK 49

06 DECEMBER - 12 DECEMBER

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

Monday	06 DEC	Tuesday	07 DEC	Wednesday	08 DEC
Thursday	09 DEC	Friday	10 DEC	Saturday	11 DEC
Sunday	12 DEC	<i>Plan a hike Schedule calls</i>			

< DEC 2021 >

DECEMBER « **06** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **07** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **08** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **09** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< DEC 2021 >

DECEMBER « **10** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **11** » SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **12** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« 49 »

06 DECEMBER - 12 DECEMBER

< DEC 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

< DEC 2021 >

WEEK « **50** »

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

13 DECEMBER - 19 DECEMBER

Monday	13 DEC	Tuesday	14 DEC	Wednesday	15 DEC			
Thursday	16 DEC	Friday	17 DEC	Saturday	18 DEC			
Sunday	19 DEC	<i>Plan a hike Schedule calls</i>						

< DEC 2021 >

DECEMBER « **13** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **14** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **15** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **16** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< DEC 2021 >

DECEMBER « **17** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **18** » SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	<u>25</u>	<u>26</u>	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **19** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE « **50** »

13 DECEMBER - 19 DECEMBER

< DEC 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

< DEC 2021 >

WEEK « **51** »

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

20 DECEMBER - 26 DECEMBER

Monday	20 DEC	Tuesday	21 DEC	Wednesday	22 DEC			
Thursday	23 DEC	Friday	24 DEC	Saturday	25 DEC			
Sunday	26 DEC	<i>Plan a hike Schedule calls</i>						

< DEC 2021 >

DECEMBER « **20** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **21** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **22** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **23** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< DEC 2021 >

DECEMBER « **24** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **25** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **26** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« 51 »

20 DECEMBER - 26 DECEMBER

< DEC 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

< DEC 2021 >

WEEK « **52** »**27 DECEMBER - 02 JANUARY**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

Monday 27 DEC	Tuesday 28 DEC	Wednesday 29 DEC						
Thursday 30 DEC	Friday 31 DEC	Saturday » New Years'!	01 JAN					
Sunday 02 JAN	Plan a hike Schedule calls							

< DEC 2021 >

DECEMBER « **27** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **28** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **29** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< DEC 2021 >

DECEMBER « **30** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

NOTES FROM THERAPY SESSION

< DEC 2021 >

DECEMBER « **31** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2022 >

JANUARY « **01** »
SATURDAY

» New Years'!

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
52	27	28	29	30	31	1	2	R
1	3	4	5	6	7	8	9	R
2	10	11	12	13	14	15	16	R
3	17	18	19	20	21	22	23	R
4	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

< JAN 2022 >

JANUARY « **02** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
52	27	28	29	30	31	1	2	R
1	3	4	5	6	7	8	9	R
2	10	11	12	13	14	15	16	R
3	17	18	19	20	21	22	23	R
4	24	25	26	27	28	29	30	R

SOMETHING I'M GRATEFUL FOR TODAY

WEEKLY
RETROSPECTIVE

« 52 »

27 DECEMBER - 02 JANUARY

< DEC 2021 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
48	29	30	1	2	3	4	5	R
49	6	7	8	9	10	11	12	R
50	13	14	15	16	17	18	19	R
51	20	21	22	23	24	25	26	R
52	27	28	29	30	31	1	2	R