

Siječanj

GOAL:

self care

career

social

love

spirit

nutrition

exercise

PONEDJELJAK

UTORAK

SRIJEDA

ČETVRTAK

PETAK

SUBOTA

NEDJELJA

♥ dream . plan . work . achieve . be proud ♥

2023.

Siječanj

P	U	S	C	P	S	N
						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					

Veljača

P	U	S	C	P	S	N
				1	2	3
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Ožujak

P	U	S	C	P	S	N
				1	2	3
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		

Tравanj

P	U	S	C	P	S	N
				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						

Svibanj

P	U	S	C	P	S	N
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				

Lipanj

P	U	S	C	P	S	N
				1	2	3
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		

Sjpanj

P	U	S	C	P	S	N
				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						

Kolovoz

P	U	S	C	P	S	N
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			

Rujan

P	U	S	C	P	S	N
				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	

Listopad

P	U	S	C	P	S	N
				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					

Studeni

P	U	S	C	P	S	N
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			

Prosinac

P	U	S	C	P	S	N
				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

2022

Siječanj

P	U	S	C	P	S	N
				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						

Veljača

P	U	S	C	P	S	N
				1	2	3
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Ožujak

P	U	S	C	P	S	N
				1	2	3
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			

Tравanj

P	U	S	C	P	S	N
				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	

Svibanj

P	U	S	C	P	S	N
				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					

Lipanj

P	U	S	C	P	S	N
				1	2	3
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			

Sjpanj

P	U	S	C	P	S	N
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Kolovoz

P	U	S	C	P	S	N
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Rujan

P	U	S	C	P	S	N
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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Listopad

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Studeni

P	U	S	C	P	S	N
				1	2	3
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Prosinac

P	U	S	C	P	S	N
				1	2	3
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	

SIJEĆANJ





OZUJAK



TRAVANJ







SUMMER THINGS

FRIENDS SUN
SAND AND SEA

SRPANJ

Beach







LIS TOPAD





PROSINAC





Veljača

GOAL:



1 → 9

	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA	NEDJELJA
self care							
career							
social							
love							
spirit							
nutrition							
exercise							

♥ dream . plan . work . achieve . be proud ♥



Ožujak

GOAL:

self care	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA	NEDJELJA
career							
social							
love							
spirit							
nutrition							
exercise							

♥ dream . plan . work . achieve . be proud ♥



Travanj

GOAL:

self care

PONEDJELJAK

UTORAK

SRIJEDA

ČETVRTAK

PETAK

SUBOTA

NEDJELJA

career

social

love

spirit

nutrition

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dream . plan . work . achieve . be proud

Svibanj

GOAL:

	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA	NEDJELJA
self care							
career							
social							
love							
spirit							
nutrition							
exercise							

♥ dream . plan . work . achieve . be proud ♥



GOAL:

	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA	NEDJELJA
self care	<input type="radio"/>						
career	<input type="radio"/>						
social	<input type="radio"/>						
love	<input type="radio"/>						
spirit	<input type="radio"/>						
nutrition	<input type="radio"/>						
exercise	<input type="radio"/>						

♥ dream . plan . work . achieve . be proud ♥



♥ dream . plan . work . achieve . be proud ♥



Kolovoz

GOAL:

	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA	NEDJELJA
self care	<input type="radio"/>						
career	<input type="radio"/>						
social	<input type="radio"/>						
love	<input type="radio"/>						
spirit	<input type="radio"/>						
nutrition	<input type="radio"/>						
exercise	<input type="radio"/>						

♥ dream . plan . work . achieve . be proud ♥

Rujan

GOAL:

self care

PONEDJELJAK



career

UTORAK



SRIJEDA



ČETVRTAK



PETAK



SUBOTA



NEDJELJA



social



love



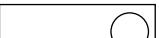
spirit



nutrition



exercise



dream . plan . work . achieve . be proud



Listopad

GOAL:

self care	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA	NEDJELJA
career							
social							
love							
spirit							
nutrition							
exercise							

♥ dream . plan . work . achieve . be proud ♥



GOAL:

	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA	NEDJELJA
self care		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>	
career		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>	
social		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>	
love		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>	
spirit		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>	
nutrition		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>	
exercise		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>	

♥ dream . plan . work . achieve . be proud ♥

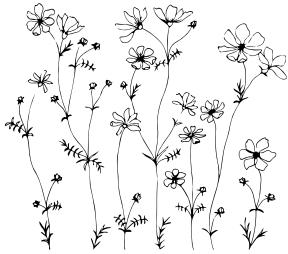


Prosinac

GOAL:

self care	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	ŠUBOTA	NEDJELJA
career							
social							
love							
spirit							
nutrition							
exercise							

♥ dream . plan . work . achieve . be proud ♥



Today's Plan

DATE: _____



Top Three

1.

2.

3.

Schedule

8

9

10

11

12

13

14

15

16

17

18

19

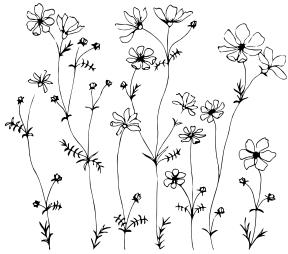
20

21

To Dos

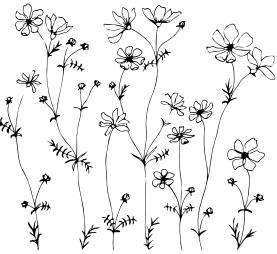
Moved to another day





Today's Plan

DATE: _____



Top Three

1.

2.

3.

Schedule

8

9

10

11

12

13

14

15

16

17

18

19

20

21

To Dos

Moved to another day



DATE:

EVENING ROUTINE



I want to start winding down at:
How do I want to feel in the evening?

I want to sleep at:
I went to sleep at:
Sleep duration:



REFLECTION



How was my day?

Small wins to celebrate today:

My favourite part of today:

How did I feel today?

What I've learned today?

Message to myself

Check List

MIN.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



I am grateful for...

- 1.
- 2.
- 3.

What can I do to improve on tomorrow?

NOTES

Priorites for tomorrow?

- 1.
- 2.
- 3.



DATE:

MORNING ROUTINE



How do I want to feel in the morning?

My energy My mood

I want wake up at:

I woke up at:

Hours slept:



REFLECTION



Dream Journal
(page _____)

Positive affirmations

VISUALIZATION

Check List

MIN.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



I am grateful for...

- 1.
- 2.
- 3.

Main focus today:

3 things I will accomplish today:

- 1.
- 2.
- 3.

What challenges I may have today?

.....
.....
.....

What can I do to make a successful day?

.....
.....
.....
.....

Things I am looking forward to today:

.....
.....
.....
.....

GROCERY SHOPPING LIST

Date: _____

Doručák

- Kruh
 - Čokolino
 - Granola
 - Cini mini
 - Čoko kuglice
 - Školjkice
 - Corn flakes
 -
 -
 -

Žitarice

- Tjestenina
 - Noodle
 - Tortilje
 - Brašno
 - Zob
 - Riža
 - Ječam
 - Heljda
 - Proso
 - Quinoa
 - Gris
 - Palenta

Sjemenke

- Chia
 - Sezam
 - Lan
 - Suncokret
 - Bučine
 -
 -
 -
 -

Mahunärke

- Grašak
 - Grah
 - Leća
 - Kikiriki
 - Slanutak
 -
 -
 -

Kruhasto

- Kruh
 - Tjestenina
 - Noodle
 - Tortilje
 -
 -
 -

Orašidi & suho voće

- Lješnjaci
 - Bademi
 - Orasi
 - Indijski oraščici
 - Brusnice
 -
 -

Voce

- Banane
 - Avokado
 - Jabuke
 - Kruške
 - Šljive
 - Šipak
 - Marelice
 - Mandarine
 - Naranče
 - Grejp
 - Limun
 - Pomelo
 - Ananas
 - Mango
 - Lubenica
 - Dinja

Povrče

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Luk | <input type="checkbox"/> Paprika rog |
| <input type="checkbox"/> Češnjak | <input type="checkbox"/> Paprika babura |
| <input type="checkbox"/> Celer | <input type="checkbox"/> Tikvice |
| <input type="checkbox"/> Mrkva | <input type="checkbox"/> Patlidžan |
| <input type="checkbox"/> Gljive | <input type="checkbox"/> Paradajz |
| <input type="checkbox"/> Krumpir | <input type="checkbox"/> Zelena salata |
| <input type="checkbox"/> Batat | <input type="checkbox"/> Rikula |
| <input type="checkbox"/> Bundeava | <input type="checkbox"/> Matovilac |
| <input type="checkbox"/> Buča-ribana | <input type="checkbox"/> Cikla |
| <input type="checkbox"/> Kukuruz | <input type="checkbox"/> Kelj |
| <input type="checkbox"/> Korabica | <input type="checkbox"/> Blitva |
| <input type="checkbox"/> Brokula | <input type="checkbox"/> Špinat |
| <input type="checkbox"/> Karfiol | <input type="checkbox"/> Zelje |
| <input type="checkbox"/> Artičoke | <input type="checkbox"/> Poriluk |
| <input type="checkbox"/> Šparoge | <input type="checkbox"/> |
| <input type="checkbox"/> Klice | <input type="checkbox"/> |

GROCERY SHOPPING LIST

Date: _____

Ulja

- Maslinovo
- Bučno
- Tartufata
-
.....
-
.....

Namazi

- Humus
- Tahini
- Tartar
- Sirni
- Majoneza
- Pekmez
- Kozice
- Bakalar
- Tuna
-
.....
-
.....

Začini

- Sol
- Papar
- Češnjak
- Bosiljak
- Origano
- Paprika
- Lovor
- Cimet
- Klinčić
- Anis
- Đumbir
- Kumin
- Kurkuma
-
.....

Grickalice

- Čips
- Smoki
- Tuc krekeri
- Kokice
- Mix s makom
- Stiropori
-
.....
-
.....
-
.....

Slatkiši

- Žvake
- Keksi
- Čokolada
- Gumeni bom
-
.....
-
.....
-
.....

Smrznuto Konzerve &gotovajela

- Led
- Sladoled
- Knedle
- Štrukli
- Voće
- Povrće
- Riblji štapići
- File (oslića)
- Tuna
- Kozice
-
.....
-
.....

Higijena

- Četkica
- Pasta
- Ulošci
- Becutan
- Kokos
- Aloja
- Kantarion
- Smilje
- Kana
- Šminka
- Sapun
- Šampon
-
.....

Čišćenje

- Wc papir
- Papir za ruke
- Univ. sredstvo
- Za veš
- Za suđe
- Soda
- Alk. ocat
- Eterična ulja
- Spužvica
- Krpa
- Vreće za smeće
- Vrećice za drek
-
.....

Nara

- Suha hrana
- Mokra hrana
- Pijesak
-
.....
-
.....

Polly

- Hrana
- Kekscići
- Puslice
- Mrkva
- Jabuka
- Šunka

Pića

- Mlijeko
- Zobeno
- Bademovo
- Kokosovo
- Kakao
- Jogurt

Ostalo

- Voda
- Čaj
- Sok
-
.....
-
.....
-
.....