

**ESSENTIAL**





# GOALS – Ce chemin, tu l'as déjà pris. Tu sais comment y aller.

Destination :

Description of yourself, your feeling in this destination :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

4th Domino	5th Domino	6th Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# GOALS – Ce chemin, tu l'as déjà pris. Tu sais comment y aller.

Destination :

Description of yourself, your feeling in this destination :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

4th Domino	5th Domino	6th Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# GOALS – Ce chemin, tu l'as déjà pris. Tu sais comment y aller.

Destination :

Description of yourself, your feeling in this destination :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

4th Domino	5th Domino	6th Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# GOALS – Ce chemin, tu l'as déjà pris. Tu sais comment y aller.

Destination :

Description of yourself, your feeling in this destination :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

4th Domino	5th Domino	6th Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# YEARLY OVERVIEW

AUGUST 2025	
PRO BUILD-UP	PERSONAL

SEPTEMBER 2025	
PRO BUILD-UP	PERSONAL

OCTOBER 2025	
PRO BUILD-UP	PERSONAL



NOVEMBER 2025	
PRO BUILD-UP	PERSONAL

DECEMBER 2025	
PRO BUILD-UP	PERSONAL

JANUARY 2026	
PRO BUILD-UP	PERSONAL

# YEARLY OVERVIEW

FEBUARY 2026	
PRO BUILD-UP	PERSONAL

MARCH 2026	
PRO BUILD-UP	PERSONAL

AVRIL 2026	
PRO BUILD-UP	PERSONAL

MAY 2026	
PRO BUILD-UP	PERSONAL

JUNE 2026	
PRO BUILD-UP	PERSONAL

JULY 2026	
PRO BUILD-UP	PERSONAL

# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

4th Domino	5th Domino	6th Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

4th Domino	5th Domino	6th Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

4th Domino	5th Domino	6th Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY



# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )	( JJ / MM - JJ / MM )
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# PROJECT – PROGRESS CHECK

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

PROJECT NAME :

1st Domino	2nd Domino	3rd Domino
( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)	( JJ / MM - JJ / MM)
REVIEW / SUMMURY	REVIEW / SUMMURY	REVIEW / SUMMURY

# MONTHLY OVERVIEW

2025

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBUARY

MARCH

AVRIL

MAY

JUNE

JULY

2026

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

**Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches**  
**- Quelle est la chose la plus importante à faire ce mois-ci ?**

[illegible]

# HABITS TRACKER

2025	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER			
	JANUARY	FEBRUARY	MARCH	AVRIL	MAY	JUNE	JULY	2026

MAKING GOOD HABITS | MAGIC

1	2	3	4	5	6	7	8	9	10	11
---	---	---	---	---	---	---	---	---	----	----



[illegible]

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

## Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches

**- Quelle est la chose la plus importante à faire cette semaine ?**

**( Priority Matrix )**

<b>Not Urgent &amp; Important</b>	<p style="text-align: center;"><b>Important &amp; Urgent</b></p> <p style="text-align: center;"><b>THREE MOST IMPORTANT TASKS</b></p> <p style="text-align: center;"><i>The tasks you should complete first.</i></p>
<b>Not Important &amp; Urgent</b>	<p style="text-align: center;"><b>Not Important &amp; Urgent</b></p> <p style="text-align: center;"><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p style="text-align: center;"><i>Do these only after you have complete the most important tasks of the week.</i></p>

[illegible]

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Diner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

## Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches

**- Quelle est la chose la plus importante à faire cette semaine ?**

**( Priority Matrix )**

<b>Not Urgent &amp; Important</b>	<p style="text-align: center;"><b>Important &amp; Urgent</b></p> <p style="text-align: center;"><b>THREE MOST IMPORTANT TASKS</b></p> <p style="text-align: center;"><i>The tasks you should complete first.</i></p>
<b>Not Important &amp; Urgent</b>	<p style="text-align: center;"><b>Not Important &amp; Urgent</b></p> <p style="text-align: center;"><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p style="text-align: center;"><i>Do these only after you have complete the most important tasks of the week.</i></p>

[illegible]

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1    2    3    4    5    (    ~    )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

## Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches

**- Quelle est la chose la plus importante à faire cette semaine ?**

**( Priority Matrix )**

<b>Not Urgent &amp; Important</b>	<p style="text-align: center;"><b>Important &amp; Urgent</b></p> <p style="text-align: center;"><b>THREE MOST IMPORTANT TASKS</b></p> <p style="text-align: center;"><i>The tasks you should complete first.</i></p>
<b>Not Important &amp; Not Urgent</b>	<p style="text-align: center;"><b>Not Important &amp; Urgent</b></p> <p style="text-align: center;"><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p style="text-align: center;"><i>Do these only after you have complete the most important tasks of the week.</i></p>

[illegible]

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

**- Quelle est la chose la plus importante à faire cette semaine ?**

The diagram is a 2x2 matrix titled "Priority Matrix". The vertical axis on the left is labeled "Importance" with "Important" at the top and "Not Important" at the bottom. The horizontal axis at the top is labeled "Urgency" with "Urgent" on the left and "Not Urgent" on the right. The matrix is divided into four quadrants by dashed lines. Each quadrant contains a title, a subtitle, and a descriptive sentence.

	Urgent	Not Urgent
Important	<p><b>Important &amp; Urgent</b></p> <p><b>THREE MOST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete first.</i></p>	<p><b>Important &amp; Not Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>
Not Important	<p><b>Not Important &amp; Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>	<p><b>Not Important &amp; Not Urgent</b></p> <p><b>THREE MOST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete first.</i></p>

[illegible]

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# MONTHLY OVERVIEW

2025

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBUARY

MARCH

AVRIL

MAY

JUNE

JULY

2026

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

**Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches**  
**- Quelle est la chose la plus importante à faire ce mois-ci ?**

[illegible]

# HABITS TRACKER

2025   AUGUST   SEPTEMBER   OCTOBER   NOVEMBER   DECEMBER  
JANUARY   FEBRUARY   MARCH   AVRIL   MAY   JUNE   JULY   2026

MAKING GOOD HABITS | MAGIC

1	2	3	4	5	6	7	8	9	10	11
---	---	---	---	---	---	---	---	---	----	----

[illegible]

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			



**- Quelle est la chose la plus importante à faire cette semaine ?**

The diagram is a 2x2 matrix titled "Priority Matrix". The vertical axis on the left is labeled "Importance" with "Important" at the top and "Not Important" at the bottom. The horizontal axis at the top is labeled "Urgency" with "Urgent" on the left and "Not Urgent" on the right. The matrix is divided into four quadrants by dashed lines.

	Urgent	Not Urgent
Important	<p><b>Important &amp; Urgent</b></p> <p><b>THREE MOST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete first.</i></p>	<p><b>Important &amp; Not Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>
Not Important	<p><b>Not Important &amp; Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>	<p><b>Not Important &amp; Not Urgent</b></p> <p><b>THREE LEAST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete last.</i></p>

[illegible]

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Diner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			



## Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches

**- Quelle est la chose la plus importante à faire cette semaine ?**

**( Priority Matrix )**

<b>Not Urgent &amp; Important</b>	<p style="text-align: center;"><b>Important &amp; Urgent</b></p> <p style="text-align: center;"><b>THREE MOST IMPORTANT TASKS</b></p> <p style="text-align: center;"><i>The tasks you should complete first.</i></p>
<b>Not Important &amp; Urgent</b>	<p style="text-align: center;"><b>Not Important &amp; Urgent</b></p> <p style="text-align: center;"><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p style="text-align: center;"><i>Do these only after you have complete the most important tasks of the week.</i></p>

[illegible]

# Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			



**- Quelle est la chose la plus importante à faire cette semaine ?**

The diagram is a 2x2 matrix titled "Priority Matrix". The vertical axis on the left is labeled "Importance" with "Important" at the top and "Not Important" at the bottom. The horizontal axis at the top is labeled "Urgency" with "Urgent" on the left and "Not Urgent" on the right. The matrix is divided into four quadrants by dashed lines. Each quadrant contains a title, a subtitle, and a descriptive sentence.

	Urgent	Not Urgent
Important	<b>Important &amp; Urgent</b> <b>THREE MOST IMPORTANT TASKS</b> <i>The tasks you should complete first.</i>	<b>Important &amp; Not Urgent</b> <b>SECONDARY TASKS OF IMPORTANCE</b> <i>Do these only after you have completed the most important tasks of the week.</i>
Not Important	<b>Not Important &amp; Urgent</b> <b>SECONDARY TASKS OF IMPORTANCE</b> <i>Do these only after you have completed the most important tasks of the week.</i>	<b>Not Important &amp; Not Urgent</b> <b>THREE MOST IMPORTANT TASKS</b> <i>The tasks you should complete first.</i>

[illegible]

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			



**- Quelle est la chose la plus importante à faire cette semaine ?**

**Priority Matrix**

<b>Not Urgent &amp; Important</b>	<p style="text-align: center;"><b>Important &amp; Urgent</b></p> <p style="text-align: center;"><b>THREE MOST IMPORTANT TASKS</b></p> <p style="text-align: center;"><i>The tasks you should complete first.</i></p>
<b>Not Urgent &amp; Not Important</b>	<p style="text-align: center;"><b>Not Important &amp; Urgent</b></p> <p style="text-align: center;"><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p style="text-align: center;"><i>Do these only after you have complete the most important tasks of the week.</i></p>

[illegible]

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# MONTHLY OVERVIEW

2025

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBUARY

MARCH

AVRIL

MAY

JUNE

JULY

2026

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



**Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches**  
**- Quelle est la chose la plus importante à faire ce mois-ci ?**

[illegible]

# HABITS TRACKER

2025   AUGUST   SEPTEMBER   OCTOBER   NOVEMBER   DECEMBER  
JANUARY   FEBRUARY   MARCH   AVRIL   MAY   JUNE   JULY   2026

MAKING GOOD HABITS | MAGIC

1	2	3	4	5	6	7	8	9	10	11
---	---	---	---	---	---	---	---	---	----	----

[illegible]

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

**- Quelle est la chose la plus importante à faire cette semaine ?**

The diagram is a 2x2 matrix titled "Priority Matrix". The vertical axis on the left is labeled "Importance" with "Important" at the top and "Not Important" at the bottom. The horizontal axis at the top is labeled "Urgency" with "Urgent" on the left and "Not Urgent" on the right. The matrix is divided into four quadrants by dashed lines. Each quadrant contains a title, a subtitle, and a descriptive sentence.

	Urgent	Not Urgent
Important	<p><b>Important &amp; Urgent</b></p> <p><b>THREE MOST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete first.</i></p>	<p><b>Important &amp; Not Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>
Not Important	<p><b>Not Important &amp; Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>	<p><b>Not Important &amp; Not Urgent</b></p> <p><b>THREE MOST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete first.</i></p>

[illegible]

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

**- Quelle est la chose la plus importante à faire cette semaine ?**

The diagram is a 2x2 matrix titled "Priority Matrix". The vertical axis on the left is labeled "Importance" with "Important" at the top and "Not Important" at the bottom. The horizontal axis at the top is labeled "Urgency" with "Urgent" on the left and "Not Urgent" on the right. The matrix is divided into four quadrants by dashed lines. Each quadrant contains a title, a subtitle, and a descriptive sentence.

	Urgent	Not Urgent
Important	<p><b>Important &amp; Urgent</b></p> <p><b>THREE MOST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete first.</i></p>	<p><b>Important &amp; Not Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>
Not Important	<p><b>Not Important &amp; Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>	<p><b>Not Important &amp; Not Urgent</b></p> <p><b>THREE MOST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete first.</i></p>

[illegible]

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

**- Quelle est la chose la plus importante à faire cette semaine ?**

The diagram is a 2x2 matrix titled "Priority Matrix". The vertical axis on the left is labeled "Importance" with "Important" at the top and "Not Important" at the bottom. The horizontal axis at the top is labeled "Urgency" with "Urgent" on the left and "Not Urgent" on the right. The matrix is divided into four quadrants by dashed lines.

	Urgent	Not Urgent
Important	<p><b>Important &amp; Urgent</b></p> <p><b>THREE MOST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete first.</i></p>	<p><b>Important &amp; Not Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>
Not Important	<p><b>Not Important &amp; Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have completed the most important tasks of the week.</i></p>	<p><b>Not Important &amp; Not Urgent</b></p> <p><b>THREE LEAST IMPORTANT TASKS</b></p> <p><i>The tasks you should complete last.</i></p>

[illegible]

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

## Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches

**- Quelle est la chose la plus importante à faire cette semaine ?**

**( Priority Matrix )**

<b>Not Urgent &amp; Important</b>	<p style="text-align: center;"><b>Important &amp; Urgent</b></p> <p style="text-align: center;"><b>THREE MOST IMPORTANT TASKS</b></p> <p style="text-align: center;"><i>The tasks you should complete first.</i></p>
<b>Not Important &amp; Urgent</b>	<p style="text-align: center;"><b>Not Important &amp; Urgent</b></p> <p style="text-align: center;"><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p style="text-align: center;"><i>Do these only after you have complete the most important tasks of the week.</i></p>

[illegible]

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

## Aujourd'hui, on est le

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**

**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Target :

Actual Fulfilment :

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# WEEKLY OVERVIEW

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

WEEK - 1   2   3   4   5   (   ~   )

	Morning	Afternoon	Evening/Night
M			
T			
W			
T			
F			
S			
S			

## Vivre l'essentiel - faire une liste de succès, pas d'une liste de tâches

**- Quelle est la chose la plus importante à faire cette semaine ?**

		( Priority Matrix )	
Not Urgent & Important		<p><b>Important &amp; Urgent</b></p> <p><i>THREE MOST IMPORTANT TASKS</i></p> <p><i>The tasks you should complete first.</i></p>	
	<p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have complete the most important tasks of the week.</i></p>		
Not Important & Not Urgent		<p><b>Not Important &amp; Urgent</b></p> <p><b>SECONDARY TASKS OF IMPORTANCE</b></p> <p><i>Do these only after you have complete the most important tasks of the week.</i></p>	

[illegible]

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						



**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

☐ \_\_\_\_\_

\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# Aujourd’hui, on est le \_\_\_\_\_

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd’hui, maintenant ?**

Target :

Actual Fulfilment :

(V)	TASK	4	10	20	30	40	50	60
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		12						
		1						
		2						
		3						
		4						
		5						
		6						
		7						
		8						
		9						
		10						
		11						
		00						
		1						
		2						
		3						



**MEAL TRACKER**

Breakfast
Lunch
Diner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

**Vivre l'essentiel - Tu vas obtenir les résultats extraordinaires. Faites tomber le domino du jour**  
**- Quelle est la chose la plus importante à faire aujourd'hui, maintenant ?**

Actual Fulfilment :

[illegible]

4	10	20	30	40	50	60
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
00						
1						
2						
3						

**MEAL TRACKER**

Breakfast
Lunch
Dinner

**FITNESS REPORT**

Workout Duration
Focusing on
Need to practice more

**MONEY TRACKER**

Money in	From
Money Out	To

**I'M GRATEFUL FOR...**

Visualize the moments, people, and small joys that you'll feel grateful for this week

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**I LEARNED TODAY ...**

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

☐ \_\_\_\_\_  
\_\_\_\_\_

**FEEL FREE TO TALK TO ME ANYTHING YOU WANT ! :)**

# FINANCE REPORT

2025   AUGUST   SEPTEMBER   OCTOBER   NOVEMBER   DECEMBER  
JANUARY   FEBUARY   MARCH   AVRIL   MAY   JUNE   JULY   2026

## BUDGET GOAL

## CHECK LIST

DATE	DESCRIPTION	

## INCOME

DATE	DESCRIPTION	\$
TOTAL INCOME		

## SAVING

DATE	DESCRIPTION	\$
TOTAL SAVING		

# MONTHLY BUDGET

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

## LIVING COST

HOUSING	BUDG-	ACTUAL

WORK	BUDG-	ACTUAL

## PERSONAL

ETC	BUDG-	ACTUAL

PERSONAL	BUDG-	ACTUAL

GROCERIES	BUDG-	ACTUAL

TOTAL BUDGETED :

TOTAL ACTUAL :

DIFFERENCE :

# FINANCE REPORT

2025

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBUARY

MARCH

AVRIL

MAY

JUNE

JULY

2026

## BUDGET GOAL

## CHECK LIST

DATE	DESCRIPTION	

## INCOME

DATE	DESCRIPTION	\$
TOTAL INCOME		

## SAVING

DATE	DESCRIPTION	\$
TOTAL SAVING		

# MONTHLY BUDGET

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

## LIVING COST

HOUSING	BUDG-	ACTUAL

WORK	BUDG-	ACTUAL

## PERSONAL

ETC	BUDG-	ACTUAL

PERSONAL	BUDG-	ACTUAL

GROCERIES	BUDG-	ACTUAL

TOTAL BUDGETED :

TOTAL ACTUAL :

DIFFERENCE :

# FINANCE REPORT

2025

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBUARY

MARCH

AVRIL

MAY

JUNE

JULY

2026

## BUDGET GOAL

## CHECK LIST

DATE	DESCRIPTION	

## INCOME

DATE	DESCRIPTION	\$
TOTAL INCOME		

## SAVING

DATE	DESCRIPTION	\$
TOTAL SAVING		



# MONTHLY BUDGET

2025    AUGUST    SEPTEMBER    OCTOBER    NOVEMBER    DECEMBER  
JANUARY    FEBUARY    MARCH    AVRIL    MAY    JUNE    JULY    2026

## LIVING COST

HOUSING	BUDG-	ACTUAL

WORK	BUDG-	ACTUAL

## PERSONAL

ETC	BUDG-	ACTUAL

PERSONAL	BUDG-	ACTUAL

GROCERIES	BUDG-	ACTUAL

TOTAL BUDGETED :

TOTAL ACTUAL :

DIFFERENCE :

# 100-HOUR CONCENTRATION #MAKE THINGS HAPPEN

GOAL :										TOTAL DURATION :										/ 100									
START DATE :										END DATE :																			
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	32	33	34	35	36	37	38	39	40										
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60										
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80										
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100										

1st Domino

2nd Domino

3rd Domino

Review / Next Step

# 100-HOUR CONCENTRATION #MAKE THINGS HAPPEN

GOAL :										TOTAL DURATION :										/ 100	
START DATE :										END DATE :											
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	32	33	34	35	36	37	38	39	40		
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60		
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80		
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100		

1st Domino

2nd Domino

3rd Domino

Review / Next Step

# 100-HOUR CONCENTRATION #MAKE THINGS HAPPEN

GOAL :										TOTAL DURATION :										/ 100									
START DATE :										END DATE :																			
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	32	33	34	35	36	37	38	39	40										
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60										
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80										
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100										

1st Domino

2nd Domino

3rd Domino

Review / Next Step

# 100-HOUR CONCENTRATION #MAKE THINGS HAPPEN

GOAL :										TOTAL DURATION :										/ 100									
START DATE :										END DATE :																			
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	32	33	34	35	36	37	38	39	40										
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60										
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80										
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100										

1st Domino

2nd Domino

3rd Domino

Review / Next Step

# 100-HOUR CONCENTRATION #MAKE THINGS HAPPEN

GOAL :										TOTAL DURATION :										/ 100									
START DATE :										END DATE :																			
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	32	33	34	35	36	37	38	39	40										
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60										
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80										
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100										

1st Domino

2nd Domino

3rd Domino

Review / Next Step

# 100-HOUR CONCENTRATION #MAKE THINGS HAPPEN

GOAL :										TOTAL DURATION :										/ 100									
START DATE :										END DATE :																			
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	32	33	34	35	36	37	38	39	40										
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60										
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80										
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100										

1st Domino

2nd Domino

3rd Domino

Review / Next Step

# READING LOG



# READING LOG

## WATCHING LOG

# LISTENING LOG

**ESSENTIAL BETA**