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### Bringing Your Year Into Focus

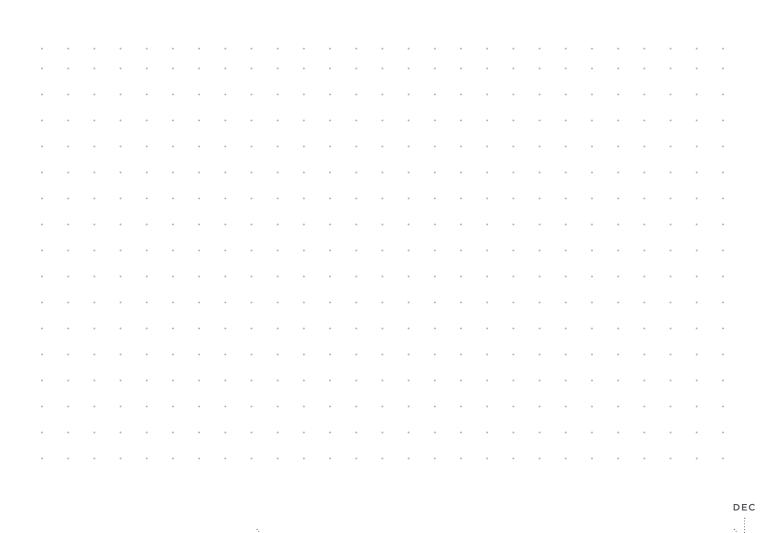
How will you improve yourself this year? How will this year be better than last year?
What would it look like if this year went perfectly? What would you have/be/do?
What do you want to start doing this year? What should you stop doing?
What are you already doing that you want to keep doing or improve upon?

### 2023 Theme & Vision

MY THEME	
When you wake up every morning, what is your mantra? Declare a theme that will motivate and empower you throughout the year.	
MY VISION	
What does your life look like in 3-5 years? Where are you professionally, personally, and socially	y?
KEY ACTIONS + MILESTONES  Break your future vision down into the main steps that need to happen to make it a reality.	

### Timeline

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### Goals

Establish your goals for the year, using your vision and timeline as a reference. As you record each goal, consider the steps you will need to take to achieve it. Make sure your goals are not so big that you can't realistically complete all the steps.

List all of your goals for the year. For the bigger and more complex goals, use the goal planning template on the following pages.

MY (	GOALS
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	R IMPORTANT THINGS I WANT TO ACCOMPLISH
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ACTION PLAN Define tasks and assign start dates and	a deadines.	
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MOTIVATION Keep yourself going: eyes on the prize.		
WORDS OF ENCOURAGEMENT & REWARD		
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CW 5 29	30	31	

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### January Goals

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٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠		٠	٠	٠	٠	٠	٠	٠	0	٠
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٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠		٠	0	٠
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### 31-Day Challenge

FOR THE NEXT 31 DAYS I WANT TO	
I WANT TO MAKE THIS HAPPEN BECAUSE	
MY PLAN OF ACTION IS	

I fully intend to commit myself to this for the next 31 days.

SIGNED								DATE								
***************************************																
DAYS	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	

## What are you most looking forward to? You just did the hard work of working through your goals and plans for the year. What are you feeling most excited to learn, do, or discover?

### Weekly Goals december 26 - January 1

TOP	3																		
1. 🗌																			
2.																			
3.													•						
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* - <del>1</del>	LECT + CELEBRATE																		
KEF	LECT + CELEBRATE																		
REV	/IEW																		
							•			٠	٠	٠	٠	•					
	Yearly Goals		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠
	Monthly Goals	٠	٠	•	٠	۰	٠	٠	٠	٠	٠	٠	٠	۰	۰	۰	۰	۰	•
	31-Day Challenge	•	٠	•	•	•	•	•		٠		٠	٠	•		•	•	•	۰

### Weekly Outlook december 26 - January 1

MON	TUE	WED
MORNING 26	27	28
NOON		
NIGHT		
Mon		

THU	FRI	SAT / SUN
29	30	31
		1

### Take stock. Are there areas of your life that are calling out for your attention? Pay attention to where things feel out of balance, and make an effort to give your energy to the people and projects that matter most to you.

### Weekly Goals January 2-8

GO,	ALS + TASKS																		
1.																			
2. 🗌																			
3. 🗌																			
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* *	LÉCT + CÉLEBRÂTE																		
REF	LECT + CELEBRATE																		
REV	/IEW	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠
	Yearly Goals		•	•	•	•	•	•	•	•	٠	•	٠	•		•	•	٠	•
	Monthly Goals	۰	٠	٠	۰	•	۰	۰	۰	٠	٠	٠	٠	۰	۰	۰	۰	۰	٠
	Last Week's Progress	۰	٠	0	۰	•	۰	۰	۰	۰	٠	٠	٠	۰	۰	۰	۰	۰	٠
	31-Day Challenge	٠	٠	۰	٠	٠	٠	۰	٠	٠	۰	٠	۰	٠	٠	٠	۰	٠	٠

### Weekly Outlook January 2-8

MON	TUE	WED
MORNING 2	3	4
NOON		
NIGHT		

THU	FRI	SAT / SUN
5	6	7
		8

# Track your progress. How are you measuring your *progress*? What are your milestones? Make sure you are working in the right direction and making progress towards the finish line.

### Weekly Goals January 9-15

TOP 3																		
1. 🗌																		
2.																		
3.																		
0																		
0																		
REFLECT + CELEBRATE																		
REVIEW	٠		٠	۰	۰	۰	۰	۰	٠	۰	٠	٠	٠	•	۰		۰	٠
□ Yearly Goals	•	٠	٠	٠	٠	٠	٠	•	•	0	•	۰	٠		•	•	0	•
□ Monthly Goals	٠	٠	٠	٠		٠	٠	٠	٠	۰	٠		٠	٠	٠	٠	٠	٠
□ Last Week's Progress	٠	٠	۰	۰	۰	٠	٠	٠	٠	۰	۰	٠	۰	۰	۰	۰	٠	٠
□ 31-Day Challenge	۰	٠	۰	٠	۰	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	•

### Weekly Outlook January 9-15

MON	TUE	WED
MORNING 9	10	11
иоои		
NIGHT		

ТНО	FRI	SAT / SUN
12	13	14
		15

### If you want to change your life, start small. It is the small things we do every day that add up like compound interest in our lives. Are you happy with your habits? What is one small change you could make that would add up to a *meaningful* improvement with time?

### Weekly Goals January 16-22

TOP 3																		
1. 🗌																		
2.																		
3.																		
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REFLECT + CELEBRATE																		
REVIEW	٠	٠	0	•	۰	٠	٠	0	0	0	0	0	٠	۰	٠	0		٠
□ Yearly Goals		٠	•	•	•	•	•	•	•	0	٠		•	•	•	•		•
□ Monthly Goals	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	•		•	٠	٠	
□ Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
□ 31-Day Challenge	۰	٠	۰	۰	۰	۰	۰	۰	۰	0	٠	0	۰	0	۰	٠	۰	٠

### Weekly Outlook January 16-22

MON	TUE	WED
MORNING 16	17	18
NOON		
NIGHT		

THU	FRI	SAT / SUN
19	20	21
		22

# Mind your mantra. Your thoughts are powerful. What is your inner voice telling you? If you find yourself being overly self-critical, how can you quiet that voice or prove it wrong?

## Weekly Goals January 23-29

GO,	ALS + TASKS																		
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2.																			
3. 🗌																			
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KEF	LECT + CELEBRATE																		
RF\	/IEW																		
		•	•		٠				•	٠		•		•		•			•
	Yearly Goals		٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	•		٠	٠
	Monthly Goals	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠
	Last Week's Progress	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
	31-Day Challenge	٠	٠	۰	٠	٠	٠	٠	٠	٠		•		•	•	•	٠	٠	٠

## Weekly Outlook January 23-29

MON	TUE	WED
MORNING 23	24	25
NOON		
NIGHT		

тни	FRI	SAT / SUN
26	27	28
		29

## February 2023

SUN	MON	TUE	WED
CW 5			1
CW 6 5	6	7	8
CW 7 12	13	14	15
CW 8 19	20	21	22
CW 9 26	27	28	

THU	FRI	SAT			
2	3	4	FOCUS		
9	10	11			
16	17	18	NOTES	 	
23	24	25			

## February Goals

THIS MONTH, I WILL	Т	Н	IS	M	10	١T	Н.	Т	W	IL	L
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	٠		٠	٠			٠		٠							٠	٠	٠			٠	٠			٠	٠	
٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	
•	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	
٠	۰	٠	٠	٠	٠	٠	۰	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	
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•	۰				٠			٠															٠	٠	۰		

## 28-Day Challenge

FOR THE NEXT 28 DAYS I WANT TO	
I WANT TO MAKE THIS HAPPEN BECAUSE	
MY PLAN OF ACTION IS	

I fully intend to commit myself to this for the next 28 days.

SIGNE	)									D	ATE					
•••••																
DAYS	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				

# Make space for your superpowers. What are your strengths? What are you better at than anyone else? It could be anything. How can you make those things a bigger part of your life?

## Weekly Goals January 30 - February 5

<b>GO</b> ,	ALS + TASKS																		
1. 🗌																			
2. 🗌																			
3.																			
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REF	ELECT + CELEBRATE																		
RE\	/IEW	0	۰	0	٠	٠	٠	٠	•	٠		٠		٠	۰	۰	٠	•	٠
0	Yearly Goals	0	۰	۰	•	•	•	•	•	٠	٠	٠	٠	٠	٠	۰	•		•
	Monthly Goals	۰	۰	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	۰	۰	٠	۰	٠
	Last Week's Progress	•	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	۰	٠	٠	٠	٠	٠	٠
	28-Day Challenge	•	•		•	•	•	•	•	•		•		•		•		•	-

## Weekly Outlook January 30 - February 5

	MON	TUE	WED
MORNING	30	31	1
NOON			
NIGHT			

ТНО	FRI	SAT / SUN
2	3	4
		5

## Face your fears. Go ahead: imagine the worst-case scenario. Now, make a plan. Instead of trying to simply avoid failure, make a plan for how you will succeed. What practical steps do you need to take in order to ensure things go your way?

## Weekly Goals february 6-12

GO,	ALS + TASKS																		
1.																			
2. 🗌																			
3. 🗌																			
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* *	LÉCT + CÉLEBRATE																		
REF	LECT + CELEBRATE																		
DE\	/IEW																		
I	12 **		٠		•		•	•	•		٠	٠	۰	۰	•	•			•
	Yearly Goals	٠	٠	۰	٠	۰	۰	٠	٠	٠	٠	٠	0	٠	۰	٠	٠	٠	٠
	Monthly Goals	۰	٠	٠	٠	٠	۰	۰	۰	٠	٠	٠	۰	٠	۰	٠	٠	٠	٠
	Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠		٠	۰	٠	۰	٠	٠
	28-Day Challenge	۰	٠	۰	٠	۰	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠

## Weekly Outlook february 6-12

MON	TUE	WED
MORNING 6	7	8
иоои		
NIGHT		

THU	FRI	SAT / SUN
9	10	11
		12

### Challenge yourself.

dr	ur c eam you	big	ger	tha	ın y	ou r	orn	nall	y wo	ould	l. W	hy r	ot a	aim	for t	the		_	-				am,			
•••••																										• • • • • •
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٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
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٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠
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٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	۰	٠	۰	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	۰
٠	٠	٠	۰	٠	۰	٠	٠	۰	٠	۰	٠	٠	٠	٠	٠	۰	٠		٠	٠	٠	٠	٠	٠	٠	۰
۰	٠	۰	۰	•	۰	٠	٠	۰	٠	0	٠	۰	۰	٠	•	0	٠	۰	٠	۰	۰	٠	٠	٠	٠	۰
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٠	٠	٠	٠	•	٠		٠	٠		٠	٠	٠	٠	٠	٠	٠	•	•	•		٠	•	٠	٠	٠	٠
٠	٠	٠	٠	•	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	•	٠	•	٠	٠	•	٠	٠	٠	٠
٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	•	٠	٠	•	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	•	٠	٠	•	٠	٠	٠	۰
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٠	•		٠	٠	٠	٠	٠	٠	٠					٠	٠	٠		٠	•	٠		•			٠	٠

## Weekly Goals february 13-19

<b>GO</b> /	ALS + TASKS																		
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2.																			
3.																			
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REF	LECT + CELEBRATE																		
REV	/IEW	•	۰	۰	۰	۰	۰	۰	•	•	0	•	•	۰	•	•	۰	0	٠
	Yearly Goals	٠	•	•	•	•	•	•	•	•	•	٠		•	•	•	•	•	•
	Monthly Goals	۰	•	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠
	Last Week's Progress		٠	•	•	•	•	•	•				٠	٠	۰	•	٠		٠
	28-Day Challenge	۰	٠	۰	٠	۰	۰	۰	۰	۰	۰	٠	۰	۰	۰	۰	۰	۰	۰

## Weekly Outlook february 13-19

MON	TUE	WED
MORNING 13	14	15
ноон		
NIGHT		
NIGHT		

тни	FRI	SAT / SUN
16	17	18
		19

## **Exceed expectations.** What can you do to go over and above this week? Where will this effort have the greatest impact?

## Weekly Goals february 20-26

TOP	ALS + TASKS																		
1. 🗌																			
2.																			
3.			•••••					•••••					••••••						•••••
•••••																			
* 1	[4 4 4 4 4 4																		
REF	LECT + CELEBRATE																		
REV	IEW	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠
	Yearly Goals	٠	٠	٠	٠			٠	٠		٠	٠	٠		٠	٠	٠	٠	٠
	Monthly Goals																•		•
	Last Week's Progress	۰	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠
	28-Day Challenge	٠	٠	0	٠	٠	٠	٠	0	٠	0	٠	0	٠	٠	٠	۰	0	٠

## Weekly Outlook february 20-26

MON	TUE	WED
MORNING 20	21	22
NOON		
NIGHT		
Non		

ТНО	FRI	SAT / SUN
23	24	25
		26

### March 2023

SUN	MON	TUE	WED
CW 9			1
CW 10 5	6	7	8
CW 11 12	13	14	15
CW 12 19	20	21	22
CW 13 26	27	28	29

THU	FRI	SAT		
2	3	4	FOCUS	
9	10	11		
16	17	18	NOTES	
			• • •	
			• • •	
			• • •	
23	24	25		
				• • • •
			• • •	
30	31			
30	31			
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## March Goals

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## 31-Day Challenge

FOR THE NEXT 31 DAYS I WANT TO	
I WANT TO MAKE THIS HAPPEN BECAUSE	
MY PLAN OF ACTION IS	

I fully intend to commit myself to this for the next 31 days.

SIGNE	D									D	ATE					
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DAYS	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	

## Ask for feedback. Who helps you make your work even better? We all want to succeed on our own, but other people have so much to offer. This week, ask for feedback or collaborate with someone who can *elevate* your output.

## Weekly Goals february 27 - March 5

GO,	ALS + TASKS																		
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REV	/IEW		٠	٠	۰	۰	۰	٠	۰	٠		٠	•	٠	۰		۰	۰	٠
	Yearly Goals		٠	•	٠		٠	•	•	•	•	•		•		•	•	•	٠
	Monthly Goals	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠
	Last Week's Progress	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠
	31-Day Challenge	•	٠	•	٠	۰	٠	٠	•	•	•	•		•	•	•	•	۰	٠

## Weekly Outlook february 27 - March 5

MON	TUE	WED
MORNING 27	28	1
NOON		
NIGHT		

ТНИ	FRI	SAT / SUN
2	3	4
		5

### Visualize your success.

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## Weekly Goals March 6-12

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KEF	LECT + CELEBRATE																		
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	Monthly Goals	۰	٠	٠	٠	۰	٠	٠	۰	٠	٠	٠	۰	۰	٠	٠	۰	۰	٠
	Last Week's Progress	•	٠	٠	٠	•	٠	٠	•	٠	٠	٠	•	•	٠	٠		•	٠
	31-Day Challenge		•	•	•	•	•	•	,	•	~	-	-	•				-	-

## Weekly Outlook March 6-12

MON	TUE	WED
MORNING 6	7	8
иоои		
NIGHT		

9 10 11
12

## Progress over perfection. At a certain point, done is better than perfect. What is one project that could use your focused attention this week to get across the finish line?

#### Weekly Goals MARCH 13-19

TOP	ALS + TASKS																		
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REF	LECT + CELEBRATE																		
REV	/IEW	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠
	Yearly Goals			٠	•							•							
	Monthly Goals	٠	٠	۰	٠	٠	٠	٠		٠	۰	٠	۰	٠		٠	٠		٠
	Last Week's Progress	۰	۰	٠	٠	٠	٠	٠	٠	٠	۰	٠	۰	٠	٠	۰	۰	٠	۰
	31-Day Challenge	٠	٠	٠	٠	۰	۰	۰	٠	٠	۰	٠	۰	۰	٠	۰	۰	۰	٠

#### Weekly Outlook MARCH 13-19

	MON	TUE	WED
MORNING	13	14	15
NOON			
NIGHT			

ТНО	FRI	SAT / SUN
16	17	18
		19

# Learn from the best. Everyone can teach us something. Take note of qualities you admire in others. Why do you admire them? How can you learn to *integrate* those qualities into your own life?

#### Weekly Goals March 20-26

TOP	ALS + TASKS																		
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REF	LECT + CELEBRATE																		
REV	/IEW	٠	٠	۰	٠	۰	۰	٠	٠	٠	٠		٠	٠	۰	٠	٠	•	0
	Yearly Goals		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠
	Monthly Goals	•	•		•	•	•	•		٠	•	٠	٠	٠	٠	٠	٠		٠
	Last Week's Progress	۰	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	۰	٠	۰	٠	٠	٠	٠
	31-Day Challenge	۰	٠	۰	٠	۰	٠	٠	۰	٠	۰	٠	۰	٠	۰	٠	٠	۰	٠

#### Weekly Outlook March 20-26

MON	TUE	WED
MORNING 20	21	22
NOON		
NIGHT		
Non		

ТНО	FRI	SAT / SUN
23	24	25
		26

## Focus on the positive. It is so easy to notice what's going wrong. But what is going *right*? And how have you been part of the positive? Take a moment to appreciate the part you've played in the good stuff.

#### Weekly Goals March 27 - April 2

## **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

#### Weekly Outlook March 27 - April 2

MON	TUE	WED
MORNING 27	28	29
NOON		
NIGHT		
Mon		

THU	FRI	SAT / SUN
30	31	1
		2
		2

#### April 2023

SUN	MON	TUE	WED
CW 13			
CW 14 2	3	4	5
CW 15 9	10	11	12
CW 16 16	17	18	19
CW 17 23	24	25	26
CW 18 30			

THU	FRI	SAT					
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6	7	8					
13	14	15	N C		•		•
20	21	22					
27	28	29					

#### **April Goals**

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#### 30-Day Challenge

SIGNED

FOR THE NEXT 30 DAYS I WANT TO	
WANT TO MAKE THIS HAPPEN BECAUSE	
MY PLAN OF ACTION IS	
fully intend to commit myself to this for the next 30 days.	

22 23

24 25

DATE

APRIL / 87

# Be your own boss. Don't wait for someone else to give you permission. Where do you want to take charge this week? What can you do to be a leader in your own life?

#### Weekly Goals APRIL 3-9

GO,	ALS + TASKS																		
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2.																			
3.																			
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REF	FLECT + CELEBRATE																		
DEV	/IEW																		
KLV	/ I L VV		٠	٠	٠		٠			٠	٠		٠	٠	٠	٠	٠		•
	Yearly Goals	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠
	Monthly Goals	۰	٠	۰	۰	٠	٠	۰	٠	٠	۰	٠		٠	٠	٠	٠	۰	۰
	Last Week's Progress	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠	٠	٠	۰	۰	٠	٠	٠
	30-Day Challenge	۰	٠	٠	٠	۰	٠	٠	۰	٠	۰	٠	۰	٠	٠	٠	٠	۰	٠

#### Weekly Outlook APRIL 3-9

MON	TUE	WED
MORNING 3	4	5
NOON		
NIGHT		

 $\mathsf{THU}$ FRI SAT / SUN 6 7 8 9

## Stick with it. Consistency is the key to success. Reflect on the goals that you set at the beginning of this year. Have you kept up with them? Why or why not? If you've gotten off track, make a thoughtful choice about what to do next.

#### Weekly Goals APRIL 10-16

## **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals $\Box$ Last Week's Progress □ 30-Day Challenge

#### Weekly Outlook APRIL 10-16

MON	TUE	WED
MORNING 10	11	12
NOON		
NIGHT		
Non		
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тни	FRI	SAT / SUN
13	14	15
		16

#### Does your environment inspire your best work?

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•	٠	۰	۰	۰	٠	٠	٠	٠	٠	0	۰	٠	0	٠	٠	۰	٠	٠	٠	۰	۰	٠	۰	۰	٠	۰
•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
•	٠	۰	٠	٠	۰	٠	٠	۰	٠	۰	٠	٠	۰	٠	٠	۰	٠	۰	٠	٠	۰	٠	٠	۰	٠	۰

#### Weekly Goals APRIL 17-23

TOP	3																		
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* *	LÉCT + CĚLEBRATE																		
REF	LECT + CELEBRATE																		
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KEV	/IEW			٠										٠	٠				•
	Yearly Goals	٠	٠	٠	٠	٠	٠	٠		•	٠	٠	٠	٠	٠	٠	٠		٠
	Monthly Goals	٠	٠	٠	٠	٠	٠	٠	٠	•	۰	٠	۰	٠	٠	٠	٠	٠	•
	Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•
	30-Day Challenge	۰	٠	٠	٠	۰	٠	٠	٠	۰	۰	٠	۰	٠	٠	٠	٠	۰	٠

#### Weekly Outlook APRIL 17-23

MON	TUE	WED
MORNING 17	18	19
NOON		
NIGHT		

THU	FRI	SAT / SUN
20	21	22
		23

# Don't be an island. Hard work and focus can sometimes feel lonely. Is there time for human connection in your life? How can you strengthen a relationship or nurture a new one this week?

#### Weekly Goals APRIL 24-30

## **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals $\Box$ Last Week's Progress □ 30-Day Challenge

#### Weekly Outlook APRIL 24-30

MON	TUE	WED
MORNING 24	25	26
иоои		
NIGHT		

ТНО	FRI	SAT / SUN
27	28	29
		30
		30

#### May 2023

SUN	MON	TUE	WED
CW 18	1	2	3
CW 19 7	8	9	10
CW 20 14	15	16	17
CW 21 21	22	23	24
CW 22 28	29	30	31

THU	FRI	SAT					
4	5	6	FOCUS	5			
11	12	13					
18	19	20					
			NOTES	5			
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25	26	27		٠	٠	٠	
25	26	27	• •	٠	٠	٠	
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#### May Goals

THIS	MON	TH, I	WILL
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٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠
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٠		۰	٠	0	٠	٠	۰	٠	۰	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	0	٠	٠	٠	٠	۰	•
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	۰	٠	٠		٠	٠	٠	٠		٠	•	٠	٠		٠	٠	٠	٠	٠		٠		٠	٠	٠	

#### 31-Day Challenge

FOR THE NEXT 31 DAYS I WANT TO	
I WANT TO MAKE THIS HAPPEN BECAUSE	
MY PLAN OF ACTION IS	

I fully intend to commit myself to this for the next 31 days.

SIGNE	)						DATE									
•••••			• • • • • • • • • • • • • • • • • • • •													••••••
DAYS	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	

#### Don't limit yourself.

Do you have everything you need to succeed? It's easy to find excuses for not upgrading your supplies or not getting the self-care you crave, but don't hold yourself back. How can you <i>invest</i> in yourself?																										
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	٠	۰	٠	٠	۰	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	•	٠	٠	٠	٠
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	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	•	۰	٠	٠	٠	٠	٠	٠	٠	٠
	٠		٠	۰	0	٠		٠	٠	۰	۰	٠	٠	٠	۰	0	٠	٠	۰	٠	٠	٠	٠	0	٠	۰
	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
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	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	0	٠	٠
	٠		٠	٠	0	٠	٠	٠	٠	۰	۰	٠	٠	٠	۰	0	٠	۰	۰	٠	۰	٠	٠	٠	٠	۰
	٠	٠	۰	٠	٠	٠	۰	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	0	٠	٠
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#### Weekly Goals MAY 1-7

GO,	ALS + TASKS																		
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2.																			
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ŘĚF	LECT + CELEBRATE																		
REV	/IEW	۰	٠	٠	•	٠	٠	•	۰	٠	٠	٠	۰	٠	۰	٠	٠	•	
	Yearly Goals	•	•	•	•	•	•	•	•	٠	٠	•	•	٠	٠	٠	٠	•	•
	Monthly Goals	۰	•	٠	٠	۰	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠
	Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	•	٠	•	٠	٠	٠		٠	٠	٠	٠
	31-Day Challenge	-	-	-	-	-	-	-		-	-	-	-	-	-	-	-	-	-

#### Weekly Outlook MAY 1-7

MON	TUE	WED
MORNING 1	2	3
NOON		
NIGHT		
No.		

ТНИ	FRI	SAT / SUN
4	5	6
		7

#### Lighten your load.

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	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠			٠
	٠	٠	٠	۰	0	٠	۰	٠	•	٠	۰	٠	۰	٠	٠	٠	٠	٠	۰	٠	٠	٠	۰	٠	٠	٠
•	٠	٠	۰	٠	۰	٠		۰	۰	0	۰	٠		٠	٠	٠	٠	۰	۰	٠		٠	۰	٠	٠	٠
•	٠	٠	٠	٠	۰	٠			۰	0	۰	٠		٠	٠	٠	٠	۰	۰	٠		٠	۰	٠	٠	٠
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•	٠	۰	۰	٠	0	٠	۰	٠	٠	0	۰	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
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#### Weekly Goals MAY 8-14

GO, TOP	ALS + TASKS																		
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REF	LECT + CELEBRATE																		
REV	IEW	۰	٠	٠	٠	٠	٠	٠	٠	٠		٠		•	0	•	•	٠	٠
	Yearly Goals	٠						٠			٠	٠	٠	٠	٠	٠	٠		۰
	Monthly Goals		•	•	•	•	•	•	•	•				•				•	٠
	Last Week's Progress	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠
	31-Day Challenge	٠	٠	0	٠	0	٠	۰	٠	٠	0	٠	0	٠	۰	0	٠	٠	٠

#### Weekly Outlook MAY 8-14

MON	TUE	WED
MORNING 8	9	10
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
11	12	13
		14

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lit	tle	thir	ngs	that	tivit t ma de a	ıke	you	r da	ys k	rigl	hter															
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۰	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	۰	٠	٠	۰	٠	٠	۰	۰	۰	۰	٠	۰	۰	٠	۰
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	٠	٠	٠	٠		٠		۰	٠	٠	٠	٠		٠			٠						٠		٠	٠
	٠		۰	٠		۰		0	٠		۰	٠	0	٠	٠		٠			٠		٠			٠	۰
	٠		۰	٠	۰	۰	0	0	٠	0	۰	٠	0	۰		0	۰		٠	٠		٠		٠	٠	٠
	٠	٠	٠	٠	0	•			٠	٠		٠		٠	۰	•		۰	٠	٠	۰	٠	٠	٠	٠	
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۰	٠	۰	٠	٠	٠	•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	۰	٠	٠	٠	٠	٠
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	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	۰	٠	٠	٠	٠	۰
۰	٠	٠	٠	٠	۰	٠	٠	٠	٠	0	٠	٠	۰	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠
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#### Weekly Goals MAY 15-21

### GOALS + TASKS TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

#### Weekly Outlook MAY 15-21

MOI	TUE TUE	WED
MORNING 1	5 16	17
NOON		
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
18	19	20
		01
		21

# Eyes on your own paper. Comparison is a distraction; when you focus on someone else's success or failure, you lose focus on your own. How can you validate your own goals and progress without making external comparisons?

#### Weekly Goals MAY 22-28

TOP 3																		
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REVIEW	٠	٠	9	٠	٠	٠	٠	٠		۰	۰	٠	٠	•	٠	٠	•	٠
□ Yearly Goals	٠	٠	۰	٠	٠	٠	٠	•	•		٠	٠	•	•	•	•	۰	•
□ Monthly Goals	٠	٠	۰	٠	٠	٠	٠	٠	٠	0	٠	۰	٠	٠	٠	٠		
□ Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	
□ 31-Day Challenge	•	٠	۰	٠	۰	۰	۰	٠	٠	۰	٠	۰	٠	۰	٠	٠	۰	٠

#### Weekly Outlook MAY 22-28

MON	TUE	WED
MORNING 22	23	24
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
25	26	27
		28

#### June 2023

SUN	MON	TUE	WED
CW 22			
CW 23 4	5	6	7
CW 24 11	12	13	14
CW 25 18	19	20	21
CW 26 25	26	27	28

THU	FRI	SAT						
1	2	3		FOCU	5			
8	9	10						
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#### June Goals

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#### 30-Day Challenge

FOR THE NEXT 30 DAYS I WANT TO
I WANT TO MAKE THIS HAPPEN BECAUSE
MY PLAN OF ACTION IS

I fully intend to commit myself to this for the next 30 days.

SIGNED								D	DATE							
DAYS	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		

## Actions speak louder than words. Success isn't loud. Success speaks for itself. What is something you have been intending to do, but haven't done yet? What is one action you can complete this week to turn that idea into *reality*?

#### Weekly Goals MAY 29 - JUNE 4

### **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals $\Box$ Last Week's Progress □ 30-Day Challenge

#### Weekly Outlook MAY 29 - JUNE 4

MON	TUE	WED
MORNING 29	30	31
NOON		
NIGHT		

THU	FRI	SAT / SUN
1	2	3
		4

# Streamline your workflow. When you're good at what you do, a lot depends on you. But that can slow the process down. Where can you delegate responsibility, so that work can flow around you?

#### Weekly Goals June 5-11

TOP 3																		
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□ Yearly Goals	٠	۰		٠		٠		•	٠	•	٠		•		•		•	•
□ Monthly Goals	۰	٠	۰	٠	٠	٠	٠	٠	٠	۰	٠	٠	۰	۰	٠	٠	٠	٠
□ Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
□ 30-Day Challenge	0	۰	۰	٠	۰	۰	٠	۰	٠	۰	٠	۰	۰	۰	٠	٠	۰	٠

#### Weekly Outlook June 5-11

MON	TUE	WED
MORNING 5	6	7
NOON		
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NIGHT		

FRI SAT / SUN THU 8 9 10 11

## Reframe a problem. What if you saw a problem as an opportunity to change the way things are done? What if you greeted every challenge this week as though you considered it *good luck* — your chance to rise to the occasion and be your best self?

#### Weekly Goals June 12-18

TOP	3 + TASKS																		
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RE\	/IEW		٠					٠	٠		٠		•	٠				٠	
	Yearly Goals	۰	٠	۰	۰	۰	۰	۰	٠	٠	٠	٠	۰	۰	۰	۰	۰	٠	٠
	Monthly Goals								•			•					•	•	•
	Last Week's Progress	٠	٠	۰	٠	٠	٠	۰	۰	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠
	30-Day Challenge	0	٠	۰	٠	٠	٠	۰	۰	٠	٠	٠	۰	٠	٠	٠	۰	٠	٠

#### Weekly Outlook June 12-18

MON	TUE	WED
MORNING 12	13	14
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NIGHT		

ТНО	FRI	SAT / SUN
15	16	17
		18

### Don't wait until your tank is empty.

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#### Weekly Goals June 19-25

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REVIEW	٠	٠		٠	٠	٠	٠	٠	٠	0	٠	٠	٠	٠	٠	٠	0	٠
□ Yearly Goals		٠	۰	•		٠	•	•	٠	0	۰	٠	•	•	٠	•	0	•
□ Monthly Goals	۰		۰	٠		٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠
□ Last Week's Progress	•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠
□ 30-Day Challenge	•	۰	۰	٠	۰	۰	٠	۰	٠	۰	٠	۰	٠	۰	٠	٠	۰	٠

#### Weekly Outlook June 19-25

MON	TUE	WED
MORNING 19	20	21
NOON		
NIGHT		

тни	FRI	SAT / SUN
22	23	24
		25

# Make deliberate choices. Don't live life on autopilot. Make a list of your most important goals and personal values. When faced with a decision, ask yourself: how does this *align* with the person I want to be?

## Weekly Goals June 26 - July 2

# **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals $\Box$ Last Week's Progress □ 30-Day Challenge

## Weekly Outlook June 26 - July 2

MON	TUE	WED
MORNING 26	27	28
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
29	30	1
		2

## July 2023

SUN	MON	TUE	WED
CW 26			
CW 27 2	3	4	5
CW 28 9	10	11	12
CW 29 16	17	18	19
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CW 30 23	24	25	26
CW 31 30	31		

THU	FRI	SAT					
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## July Goals

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## 31-Day Challenge

FOR THE NEXT 31 DAYS I WANT TO
I WANT TO MAKE THIS HAPPEN BECAUSE
MY PLAN OF ACTION IS

I fully intend to commit myself to this for the next 31 days.

SIGNED												DATE						
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DAYS	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			

# Shame lives in the shadows. When we're stuck, it's tempting to keep it to ourselves. But secrecy creates more problems than it solves. This week, commit to sharing your status: the good and bad. Instead of being defensive, ask for help. Share your wins and boost your credibility.

## Weekly Goals JULY 3-9

# GOALS + TASKS TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook July 3-9

MON	TUE	WED
MORNING 3	4	5
NOON		
NIGHT		

 $\mathsf{THU}$ FRI SAT / SUN 6 7 8 9

### Set a daily intention.

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## Weekly Goals JULY 10-16

# GOALS + TASKS TOP 3 1. 🗌 2. 🗌 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook JULY 10-16

MON	TUE	WED
MORNING 10	11	12
NOON		
NIGHT		
Non		
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тни	FRI	SAT / SUN
13	14	15
		16

# Be the person people remember. Who is someone who inspired you to be your best self? How can you be that person for others? Sometimes it's as simple as being a good listener or a supporter of someone's good ideas. Their success is your success.

## Weekly Goals JULY 17-23

# **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook JULY 17-23

MON	TUE	WED
MORNING 17	18	19
иоои		
NIGHT		

THU	FRI	SAT / SUN
20	21	22
		23

# Notice your patterns. Try keeping track of your wins and your challenges every day for a week. Do any patterns emerge? What can you learn by paying closer attention to your experiences?

## Weekly Goals JULY 24-30

# **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook JULY 24-30

	MON	TUE	WED
MORNING	24	25	26
NOON			
NOON			
NIGHT			

ТНО	FRI	SAT / SUN
27	28	29
		30
		30

## August 2023

SUN	MON	TUE	WED
CW 31		1	2
CW 32 6	7	8	9
CW 33 13	14	15	16
CW 34 20	21	22	23
CW 35 27	28	29	30

THU	FRI	SAT						
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10	11	12						
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## **August Goals**

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## 31-Day Challenge

OR THE NEXT 31 DAYS I WANT TO
WANT TO MAKE THIS HAPPEN BECAUSE
IY PLAN OF ACTION IS

I fully intend to commit myself to this for the next 31 days.

SIGNED									D	ATE						
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DAYS	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	

# Act the way you want to feel. No one has more control over how you feel than you do. If you don't like how you've been feeling lately, what can you do to change that?

## Weekly Goals July 31 - August 6

# **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook July 31 - August 6

MON	TUE	WED
MORNING 31	1	2
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
3	4	5
		6

# Categorize your to-do lists. Create separate to-do lists for each of your projects, both personal and professional. When you have a clear visual guide of everything on your plate, it is easier to know which task is most important to work on next.

## Weekly Goals August 7-13

GO,	ALS + TASKS																		
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2. 🗌																			
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REF	LECT + CELEBRATE																		
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	31-Day Challenge	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	۰	٠	۰	٠	٠	٠	٠

## Weekly Outlook August 7-13

MON	TUE	WED
MORNING 7	8	9
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
10	11	12
		13

# Tap into your true self. What inspires you? What values guide you? How can you celebrate and nurture the things that make you so *uniquely* you?

## Weekly Goals August 14-20

## **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook August 14-20

MON	TUE	WED
MORNING 14	15	16
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
17	18	19
		20

# Grow every day. Each day, take time to reflect on your successes, your challenges, and your plans for tomorrow. You will integrate each day's lessons more deeply and start out each morning ready to hit the ground running.

## Weekly Goals August 21-27

GO,	ALS + TASKS																		
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	Monthly Goals		٠		٠	٠	٠	٠		٠	•	٠	•	٠		٠		٠	٠
	Last Week's Progress	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠		٠	۰	٠	۰	۰	٠
	31-Day Challenge	۰	٠	۰	٠	۰	۰	۰	۰	٠	۰	٠	۰	۰	٠	۰	۰	۰	٠

## Weekly Outlook August 21-27

MON	TUE	WED
MORNING 21	22	23
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
24	25	26
		27
		21

	What tasks would benefit most from deep, <i>focused</i> attention this week?																									
	nstead of trying to do it all, pick a handful of things to do really well.																									
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## Weekly Goals August 28 - September 3

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REVIEW  Yearly Goals  Monthly Goals  Last Week's Progress	1.																			
REVIEW  Yearly Goals  Monthly Goals  Last Week's Progress	2. 🗌																			
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## Weekly Outlook August 28 – September 3

MON	TUE	WED
MORNING 28	29	30
NOON	-	
NIGHT		

ТНО	FRI	SAT / SUN
31	1	2
		3
		3

## September 2023

SUN	MON	TUE	WED
CW 35			
CW 36 3	4	5	6
CW 37 10	11	12	13
CW 38 17	18	19	20
CW 39 24	25	26	27

THU	FRI	SAT				
	1	2	FOCUS			
7	8	9				
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## September Goals

THIS MONTH, I WILL... 

## 30-Day Challenge

FOR THE NEXT 30 DAYS I WANT TO	
WANT TO MAKE THIS HAPPEN BECAUSE	
MY PLAN OF ACTION IS	

I fully intend to commit myself to this for the next 30 days.

SIGNED								D	DATE							
•••••																
DAYS	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		

# Be heard. How can you increase your *impact*? Who is your most important audience and how can you make your actions or words matter most to them?

## Weekly Goals SEPTEMBER 4-10

## **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals $\Box$ Last Week's Progress □ 30-Day Challenge

## Weekly Outlook SEPTEMBER 4-10

MON	TUE	WED
MORNING 4	5	6
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
7	8	9
		10

## Make magic with your minutes. You'd be amazed how much time you could reclaim in 5-10 minute bursts throughout the week. What are some tasks you can do in quick bursts? Try breaking down a bigger project into mini-tasks, and slot them into your schedule this week.

## Weekly Goals SEPTEMBER 11-17

## **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals $\Box$ Last Week's Progress □ 30-Day Challenge

## Weekly Outlook SEPTEMBER 11-17

MON	TUE	WED
MORNING 11	12	13
NOON		
NIGHT		

SAT / SUN	FRI	ТНО
16	15	14
17		

# Express your gratitude. Write a letter to someone (or something) you are grateful for. The process of reflecting on and expressing your gratitude is one of the best habits for happiness that you can develop.

## Weekly Goals SEPTEMBER 18-24

TOP	3																		
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REF	LECT + CELEBRATE																		
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	Yearly Goals	۰	۰	0	٠	۰	۰	٠	۰	٠	0	۰	۰	۰	٠		۰	۰	٠
	Monthly Goals		•	•	•		•	•		•		٠	٠	•			•		•
	Last Week's Progress		٠	٠	۰	٠	٠	•	٠	٠	٠	٠	۰	٠	٠	٠	٠	•	٠
	30-Day Challenge	٠	٠	۰	۰	۰	۰	۰	٠	٠	۰	٠	۰	۰	٠	٠	۰	۰	٠

## Weekly Outlook SEPTEMBER 18-24

MON	TUE	WED
MORNING 18	19	20
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
21	22	23
		24
		24

## Let your mind wander. Pay attention to your daydreams and the things that distract you throughout the day. Record them here and see if there are any themes. You may discover a seed of

## Weekly Goals september 25 - October 1

TOP	3																		
1.																			
2. 🗌																			
3.																			
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0																			
* * REF	LÉCT + CÉLÉBRÁTE																		
REV	IEW		۰	0	٠	۰	٠	۰	۰	۰	٠	٠	•	0	۰	0	٠	۰	0
	Yearly Goals		•	•	•	•	•	•	٠	٠	٠	٠		•	٠	•	•	٠	0
	Monthly Goals	۰	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠
	Last Week's Progress	۰	٠	0	٠	۰	٠	۰	٠	٠	٠	٠	٠	٠	۰	۰	۰	۰	٠
	30-Day Challenge		٠	•	•	٠	٠	٠	٠	٠	٠	۰	۰	٠			٠	٠	٠

## Weekly Outlook september 25 – October 1

MON	TUE	WED
MORNING 25	26	27
ноон		
NIGHT		

THU	FRI	SAT / SUN
28	29	30
		1
		'

### October 2023

SUN	MON	TUE	WED
CW 40 1	2	3	4
CW 41 8	9	10	11
CW 42 15	16	17	18
CW 43 22	23	24	25
CW 44 29	30	31	

THU	FRI	SAT	
5	6	7	FOCUS
12	13	14	
19	20	21	NOTES
26	27	28	

## October Goals

THIS MONTH, I WILL																										
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•	•	٠	٠	٠	٠	٠	٠	•	٠	٠	٠		٠	٠	٠	٠	٠		٠		٠		٠		٠	
٠	٠	٠	٠	۰	۰	۰	٠	٠	٠	۰	۰	۰	٠	۰	۰	۰	٠	٠	۰	٠	٠	٠	•	٠	۰	٠
٠																										
																									۰	
	٠	٠	٠	٠	٠		٠	•		٠	٠	٠	٠	٠		٠	•	•	٠	٠	٠	٠	٠	٠		٠
٠	۰	٠	٠	•	٠	۰	٠	٠	٠	٠	٠	۰	٠	۰	۰	٠	٠	٠	٠	٠	٠	٠	۰	٠	۰	٠
																								٠	•	•
٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠	۰	٠	٠	٠	٠	٠	۰	٠	۰	٠
٠	٠	٠	٠	۰	٠	۰	۰	٠	۰	۰	٠	٠	٠	٠	٠	٠	۰	٠	٠	۰	٠	٠	۰	٠	٠	٠

## 31-Day Challenge

FOR THE NEXT 31 DAYS I WANT TO
I WANT TO MAKE THIS HAPPEN BECAUSE
MY PLAN OF ACTION IS

I fully intend to commit myself to this for the next 31 days.

SIGNE	D							DATE								
																•••••••••••••••••••••••••••••••••••••••
DAYS						6								14	15	
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

## Slow down, but don't stop. What do you do when things feel hard? It is better to go slowly than to quit or burn out. Rest is not a sign of weakness; it is an opportunity for growth. How can you give yourself the rest and stamina you need to keep going forward?

### Weekly Goals october 2-8

TOP 3																		
1. 🗌																		
2.																		
3.																		
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ŘÉFLĚCT * CĚLĚBŘÁTE																		
REVIEW	٠	٠	9	٠	٠	٠	٠	٠		۰	۰	٠	٠	•	٠	٠		٠
□ Yearly Goals	٠	٠	٠	٠	۰	٠	٠	•	•		٠	٠	•	•	•	•	۰	•
□ Monthly Goals	٠	٠	۰	٠	٠	٠	٠	٠	٠	0	٠	۰	٠	٠	٠	٠		
□ Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	
□ 31-Day Challenge		٠	۰	٠	۰	۰	۰	٠	٠	۰	٠	۰	٠	۰	٠	۰	٠	٠

### Weekly Outlook october 2-8

MON	TUE	WED
MORNING 2	3	4
NOON		
NIGHT		

THU	FRI	SAT / SUN
5	6	7
		8

## Streamline your space. Look around you right now. Are there things crowding your workspace that are getting in the way of clear thoughts or clear processes? How can you reduce distractions and *make space* for what you need most?

### Weekly Goals october 9-15

### **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

### Weekly Outlook october 9-15

MON	TUE	WED
MORNING 9	10	11
NOON		
NIGHT		

THU	FRI	SAT / SUN
12	13	14
		15

### Take care of the little things. Small problems often go unsolved because they are small, but consider how the few minutes you spend on a small problem (like missing keys or a semi-functional appliance) every day *add up* to hours or even days of your life. This week, fix one small problem. You might be surprised at how much it changes your outlook.

### Weekly Goals october 16-22

<b>GO</b> /	ALS + TASKS																		
1.																			
2.																			
3.																			
0																			
REF	LECT + CELEBRATE																		
REV	/IEW	0	۰	0	۰	•	•	0	۰	0		۰	0	٠	•	•	۰	•	٠
	Yearly Goals	٠	•		•	•	•	•	•	•		٠	٠	•	•	•	•	•	•
	Monthly Goals	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠
	Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠		٠	٠	٠	٠
	31-Day Challenge		-	-	-	-	-	-	-	·	-	-	-	•	-	-	-		-

### Weekly Outlook october 16-22

MON	TUE	WED
MORNING 16	17	18
NOON		
NIGHT		
Mon		

THU	FRI	SAT / SUN
19	20	21
		22

### Schedule time for yourself.

SC	me	tim	ne th	nat i	work is <i>ju</i> ke o	st fo	or yo	эи. \	Whe	the	r it'	sac	quie	t cu	ıp o	fco	ffee	on								
		•••••																		• • • • • • • • • • • • • • • • • • • •				• • • • • • • • • •		
	٠	٠	٠			٠			٠	٠	۰		٠			٠	٠	۰	٠	٠	۰	٠		۰	٠	
	٠	٠			٠	٠			٠	٠	٠	٠		٠		٠	٠	0	٠	٠		٠	٠		٠	٠
		٠	٠			٠	٠	0	٠	٠	٠	٠	٠		٠	٠	٠	0	۰	٠	٠	٠	٠	٠	۰	0
۰	٠	۰	٠		٠	٠	٠	٠	٠	۰	۰	٠		٠		٠	٠		٠	٠		٠		۰		٠
۰	٠	۰	٠	٠	٠	٠	٠		٠	۰	۰	٠		٠		٠	٠	0	٠	٠		٠	٠	۰	٠	٠
۰	٠	٠		٠	۰	٠	۰	0	٠	٠	٠	٠		٠	0	٠	٠	0	۰	٠	0	٠	۰	0	٠	٠
۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠
۰	٠	۰	٠	٠	0	٠	۰	۰	٠	۰	۰	٠	٠	٠	۰	٠	٠	۰	٠	٠	۰	٠	۰	۰	٠	٠
۰	٠	۰	٠	٠	٠	٠	۰	۰	٠	۰	۰	٠	۰	٠	۰	٠	٠	0	٠	٠	۰	٠	۰	۰	٠	۰
۰	٠	۰	۰	٠	٠	٠	۰	0	٠	۰	۰	٠	٠	٠	0	٠	٠	0	٠	٠	0	٠	۰	0	٠	٠
۰	٠	٠	۰	٠	۰	٠	٠	۰	٠	۰	٠	٠	۰	٠	•	٠	٠	0	٠	٠		٠	۰	۰	٠	٠
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		٠			٠	٠	٠	٠	٠	٠	٠	٠			٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	
	٠	٠	٠	٠		٠	٠		٠	٠	٠	٠		٠		٠	٠		٠	٠	٠	٠	٠		٠	٠
	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠		٠	٠		٠	٠	۰	٠	٠
	٠	٠		٠		٠	٠	٠	٠	٠		٠	٠	•		٠	٠		٠	٠	٠	٠	٠		٠	٠
	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠		٠	٠	٠		٠	٠		٠	٠	٠	٠	٠		٠	٠
	٠	٠	٠	٠		٠	٠	٠	٠	٠		٠	٠	٠	•	٠	٠		٠	٠	٠	٠	٠		٠	٠
	٠	٠	٠		۰	٠	٠	٠	٠	٠		٠	٠	•	•	٠	٠		٠	٠	٠	٠	٠	•	٠	٠
	٠	٠	٠	•	۰	٠	٠	٠	٠	٠	٠	٠	٠	•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	۰	٠	٠	۰	٠	٠	۰	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	۰	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	0	٠	٠	٠	٠	٠	٠	۰	٠	٠	0	٠	٠	0	٠	٠	۰	٠	٠
۰	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
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### Weekly Goals october 23-29

### **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

### Weekly Outlook october 23-29

MON	TUE	WED
MORNING 23	24	25
NOON		
NIGHT		
No.		

тни	FRI	SAT / SUN
26	27	28
		29

### November 2023

SUN	MON	TUE	WED
CW 44			1
CW 45 5	6	7	8
CW 46 12	13	14	15
CW 47 19	20	21	22
CW 48 26	27	28	29

FOCUS											
2 3 4	4										
9 10 11											
16 17 18 <b>NOTES</b>											
	• •	٠	٠								
		٠	۰								
		٠	٠								
		٠	۰								
		٠	۰								
		٠									
23 24 25											
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		٠	۰								

### November Goals

THIS MONTH, I WILL	
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0	

### 30-Day Challenge

FOR THE NEXT 30 DAYS I WANT TO
I WANT TO MAKE THIS HAPPEN BECAUSE
MY PLAN OF ACTION IS

I fully intend to commit myself to this for the next 30 days.

SIGNE	)						DATE											
•••••																		
DAYS	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				

### Be on when you're on, and off when you're off. When you're fully present in the moment, your efforts have more impact. Wherever you are this week, commit to being fully there. Consider creating an end-of-day ritual so that when you're off the clock, you're really off. When you come back to work, you'll be more focused and efficient.

### Weekly Goals october 30 - November 5

GO, TOP	ALS + TASKS																		
2.																			
3.																			
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ŘEF	LECT + ČELEBRATE																		
REV	/IEW	٠	٠						۰	٠	•	٠	٠	۰	•	•	٠		٠
	Yearly Goals	•	•	٠	•		٠	•	•	•	•	•	•	•	•	٠	•	•	•
	Monthly Goals	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠
	Last Week's Progress	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
	30-Day Challenge	•	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	•	٠	٠	٠	٠	٠	٠

### Weekly Outlook october 30 - November 5

	MON	TUE	WED
MORNING	30	31	1
NOON			
NIGHT			

THU	FRI	SAT / SUN
2	3	4
		5

## Stop the cycle. If you do what you've always done, you'll keep getting the same results. What are some recurring problems in your life? List 3 completely new ways to deal with them — you might surprise yourself with a brilliant solution.

### Weekly Goals November 6-12

GO, TOP	ALS + TASKS																		
2.																			
3.																			
0																			
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					••••••			••••••							•••••			•••••	
* *	LECT + CELEBRATE																		
KEF	LECT + CELEBRATE																		
REV	/IEW	0	٠	•	٠		٠		•	٠	•	٠	0	0	0	0	0	•	٠
	Yearly Goals	۰	٠	٠	•	٠	٠	٠	•	•	•	•	•	٠	٠	٠	٠	٠	•
	Monthly Goals	۰	٠	٠	٠	٠	٠	٠	٠	•	٠	•	٠	٠	٠	٠	٠	٠	٠
	Last Week's Progress	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠
	30-Day Challenge		٠	•	٠	۰	٠	٠	0	•	•	٠		•				•	٠

### Weekly Outlook November 6-12

MON	TUE	WED
MORNING 6	7	8
NOON		
NIGHT		

THU	FRI	SAT / SUN
9	10	11
		12

	What challenges have you faced this year? What did you <i>learn</i> ?																									
	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	۰	٠	٠	۰	٠	٠	۰
	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	۰	٠	۰		٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠		٠	٠		٠	٠	۰	٠	٠
٠	•	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
۰	٠	0	٠	۰	0	۰	۰	•	۰	0	۰	٠	۰	۰	٠	٠	٠	۰	۰	۰	•	۰	0	0	۰	۰
٠	٠	0	٠	۰	0	۰	۰	•	۰	0	۰	٠		۰	٠	٠	٠	۰	۰	۰	•	۰	0	•	٠	۰
		٠	٠	٠	۰	٠	٠		٠	٠	٠			٠	٠	٠	٠		٠	٠		٠	٠	٠	٠	
	٠	۰	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
	٠		٠	۰	0	٠	٠		٠	0		٠		٠	٠	٠	٠	٠	۰	•		٠	•	۰	٠	۰
٠	٠	۰	٠	۰		٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	۰	٠	۰
	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
۰	٠	0	٠	۰	0	۰	۰	۰	٠	0	۰	٠		٠	٠	٠	٠	٠	۰	۰	۰	۰	۰	۰	٠	۰
۰	٠	0	٠	۰	0	۰	۰	۰	٠	0	۰	٠	۰	٠	٠	٠	٠	٠	۰	۰	۰	۰	۰	۰	٠	۰
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																									٠	
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	٠		٠	۰	0	٠	٠		٠	0		٠			٠	٠	٠	٠	۰	۰	٠	٠	•	٠	٠	۰
	٠		٠	۰	0	٠	٠	٠	٠	0		٠		٠	٠	٠	٠	٠	۰	۰	٠	٠	۰	٠	٠	۰
٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
٠	٠	٠	٠	٠	۰	٠	٠	•	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	۰	٠	٠	۰	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
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		0	٠	۰	0	۰	۰	۰	۰	۰	۰	٠	۰	٠	٠	٠	٠	۰	۰	۰	۰	۰	۰	۰		۰
۰	•	۰	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	•	٠	٠	٠	۰

### Weekly Goals NOVEMBER 13-19

### **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 \* REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals $\Box$ Last Week's Progress □ 30-Day Challenge

### Weekly Outlook November 13-19

	MON	TUE	WED
MORNING	13	14	15
NOON			
NIGHT			

тни	FRI	SAT / SUN
16	17	18
		19

## Speak their language. Not everyone feels love and appreciation the same way. Who is someone that you're thankful for? How can you express that or *connect* with them in a way that will be most meaningful to them?

### Weekly Goals November 20-26

TOP	3																		
1.																			
2. 🗌																			
3. 🗌																			
															• • • • • • • • • • • • • • • • • • • •				
								• • • • • • • • •											
* *	* 4 * * * *																		
REF	LECT + CELEBRATE																		
REV	IEW	•		٠	٠	٠	٠	٠	٠	٠	٠	٠	•		•	٠	٠	٠	•
	Yearly Goals	۰	٠	٠	٠	0	٠	•	۰	٠	۰	٠	٠	٠	٠	٠	٠	٠	•
	Monthly Goals		•	•	•	•	•	•		•		٠	٠	•		٠	•		•
	Last Week's Progress		٠	٠	۰	٠	٠	•	٠	٠	٠	٠	۰	•	٠	٠	٠	•	٠
	30-Day Challenge	٠	٠	۰	٠	٠	۰	۰	۰	٠	۰	٠	۰	۰	٠	٠	۰	۰	٠

### Weekly Outlook November 20-26

MON	TUE	WED
MORNING 20	21	22
NOON		
NIGHT		
Non		

тни	FRI	SAT / SUN
23	24	25
		26

# What makes you feel good? Listen to your body and your heart. What do you need in order to feel nourished, supported, and *happy*? How can you get more of that this week?

## Weekly Goals November 27 - December 3

GO, TOP	ALS + TASKS 3																		
2.																			
3.																			
0			••••																
					******			• • • • • • • •			• • • • • • •				• • • • • • •				
								• • • • • • • • •							• • • • • • • • •				
* *	LECT + CELEBRATE																		
KEF	LECT + CELEBRATE																		
REV	'IEW	0	٠	٠	٠	٠	٠	٠	٠	٠	0	٠	٠	٠	•	٠	٠	0	٠
	Yearly Goals	0	•		•		•	•		•		•	0	•		•	•		•
	Monthly Goals	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
	Last Week's Progress	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
	30-Day Challenge	•	•	•	•	۰	•	•	•	•	•	•	•	•	•	•	•	•	٠

## Weekly Outlook November 27 - December 3

MON	TUE	WED
MORNING 27	28	29
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
30	1	2
		3

## December 2023

SUN	MON	TUE	WED
CW 48			
CW 49 3	4	5	6
CW 50 10	11	12	13
CW 51 17	18	19	20
CW 52 24	25	26	27

THU	FRI	SAT							
	1	2	F (	ocus					
7	8	9							
14	15	16							
			N	OTES					
				٠	۰	٠	٠	٠	
				0	٠	٠	٠		
				٠	٠	٠	٠	٠	۰
			٠	0	٠	٠	٠	۰	۰
21	22	23		٠	٠	٠	٠	٠	۰
21	22	25		٠	٠	٠	٠	٠	
				٠	٠	٠	٠	٠	٠
				0	٠	٠	٠		
					٠	٠	٠		
				٠	۰	٠	٠		۰
			۰	0	٠	٠	٠	۰	۰
28	29	30	۰	•	٠	٠	٠	۰	۰
20	29	30		٠	٠	٠	٠	٠	٠
				٠	٠	٠	٠	٠	۰
				٠	۰		٠	٠	
					۰	٠	٠		
			•	۰	۰	٠	۰	۰	٠
			•	٠	۰	٠	٠	٠	٠
				٠	۰	٠	٠	٠	٠

## December Goals

THIS MONTH, I WILL...

		••••																			*****				
		٠	٠	۰	۰	۰	٠	٠	٠	•		•		•	٠	۰	۰	٠	٠	٠	۰	٠	•	۰	٠
	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠		٠	۰	٠	٠	•
	۰	٠	٠	٠	۰	•	۰	۰	٠	٠	۰	٠	۰	٠	٠	٠	۰	٠	٠	٠	۰	٠	٠	۰	•
• •		٠	۰	٠	٠	۰	٠	•	۰	٠	٠	٠	٠	٠	٠	٠	٠	۰	۰	٠	٠	٠			•
• •																									
•	۰	٠	٠	٠	۰	٠	٠	٠	٠	٠	0	٠	0	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	۰	٠
	•	•		٠	•	•	•	•	•	•	•	•	•	•	•	0	•	•	•	•	•	0	•	•	•
	•			•	•	0	•			•	•	•	•	•	•		•	•		•	•		•	0	
	•		0						•																

## 31-Day Challenge

FOR THE NEXT 31 DAYS I WANT TO
I WANT TO MAKE THIS HAPPEN BECAUSE
MY PLAN OF ACTION IS

I fully intend to commit myself to this for the next 31 days.

SIGNED							DATE									
•••••																••••••••••
DAYS	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	

# Celebrate your wins. There is always more work to do. If you don't set aside time to acknowledge your wins, they will just pass you by. What is a recent success? Who can you share it with? Why is it meaningful?

## Weekly Goals December 4-10

# **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook december 4-10

MON	TUE	WED
MORNING 4	5	6
NOON	-	
NIGHT		
No.		

SAT / SUN	FRI	ТНО
9	8	7
10		

# Follow your intuition. When it comes to decision-making, we usually rely on logic. But what does your gut tell you? How would it feel to make a decision based on what you feel, more than what you think?

## Weekly Goals december 11-17

GO/ TOP	ALS + TASKS																		
1. 🗌																			
2.																			
3.																			
* * REF	LÉCT * CÉLÉBRATE																		
REV	'IEW	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	
	Yearly Goals		٠	•	•	•	•	•	•	•	•	•		٠		٠	•	•	•
	Monthly Goals	۰	٠	٠	•	•	٠	•	٠	٠	٠	٠	٠	٠	•	٠	٠	۰	٠
	Last Week's Progress	٠	٠	٠	٠	٠	۰	٠	٠	۰	٠	٠	۰	۰	٠	۰	٠	٠	٠
	31-Day Challenge	•	•	•	٠	۰	٠	٠	٠	•	•	•	•	•	•	•	•	۰	٠

## Weekly Outlook december 11-17

	MON	TUE	WED
MORNING	11	12	13
NOON			
NOON			
NIGHT			

SAT / SUN	FRI	ТНО
16	15	14
17		

# Work backwards. Where do you hope to be at this time *next* year? What is one thing you can do today to start making progress in that direction?

## Weekly Goals December 18-24

# **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook december 18-24

MON	TUE	WED
MORNING 18	19	20
NOON		
NIGHT		

ТНО	FRI	SAT / SUN
21	22	23
		24
		24

A	nev	v yc	ou.																							
	You have come a long way this year. How have you <i>changed</i> since you first started this planner? How will your experiences this year inform your goals and actions next year?																									
	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠				٠	٠		٠	٠
	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
	٠	٠	۰	٠		٠	•	٠	٠	٠	٠	٠		٠		٠	٠								٠	
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٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
٠	٠	٠	۰	٠	۰	٠	۰	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠
۰	٠	0	٠	٠	0	٠	۰	۰	٠	0	٠	٠	٠	٠	0	۰	٠	٠	٠	٠	٠	٠	0	٠	٠	۰
٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
۰	٠	٠	۰	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
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۰	٠	۰	۰	٠	۰	٠	٠	۰	٠	۰	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠	۰	٠	٠	۰
۰	٠	٠	٠	٠	۰	٠	٠	۰	٠	۰	٠	٠	۰	٠	٠	۰	٠	۰	٠	٠	٠	٠	٠	٠	٠	۰
	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠						٠		٠	
		٠	٠	٠	٠		٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠			٠	٠		٠
	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠		٠	٠	
	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠		٠	٠	٠
	٠	٠	٠	٠		٠	٠	۰	٠	٠	٠	٠		٠	٠	٠	٠						٠		٠	
	٠	٠	٠	٠		٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠		٠		٠	
	٠	۰	٠	٠	0	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	۰
٠	٠	•	٠	٠	0	٠	٠	۰	٠	0	٠	٠	٠	٠	•	۰	٠	٠	٠	٠	٠	٠	•	٠	٠	۰
٠	٠	۰	٠	٠	0	٠	٠	۰	٠	0	٠	٠	٠	٠	•	۰	٠	٠	٠	٠	٠	٠	0	٠	٠	۰
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•	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	۰	٠	٠	0	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	0	٠	٠	۰	٠	٠	•	٠	0	٠	٠	۰	۰	0	•	۰	۰	٠	٠	٠	٠	0	٠	٠	٠
٠	٠	٠	۰	٠	۰	٠	۰	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠
۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰
٠	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	۰	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠

## Weekly Goals December 25-31

# **GOALS + TASKS** TOP 3 1. 🗌 2. 3. 🗌 REFLECT + CELEBRATE **REVIEW** $\Box$ Yearly Goals □ Monthly Goals □ Last Week's Progress □ 31-Day Challenge

## Weekly Outlook december 25-31

MON	TUE	WED
MORNING 25	26	27
NOON		
NIGHT		

THU	FRI	SAT / SUN
28	29	30
		31

## Achievements

Write about your achievements and be sure to include enough detail to learn from your success so that you can make it happen again.

AC	HIE	/EM	ENT	NO	. 1												DAT	E								
٠		•	٠		•	٠	٠		٠	٠		٠	٠			٠	•	٠	٠	٠	٠	٠	•	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	۰	٠	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠
٠	٠	۰	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠		٠	٠	٠	٠	٠
	٠	٠	٠	•	٠	•	٠		٠	•	٠	٠	٠	٠	•		٠	٠	۰	•	٠	٠	٠	۰	٠	•
AC	HIE\	/EM	ENT	NO	. 2												DAT	E								
	٠		٠	٠		٠	٠		٠	٠		٠	٠		٠	۰	۰	٠		٠		٠		۰	٠	
	٠	•	٠	٠		٠	٠		٠	٠		٠	٠	٠		٠		٠		٠		٠		٠		٠
			٠			٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	
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AC	HIE	/EM	ENT	NO	. 3												DAT	E								
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•	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠
۰	٠	٠	٠	٠	٠	۰	٠	٠	٠	٠	٠	٠	٠	٠	٠	۰	٠	٠	0	٠	۰	٠	٠	٠	٠	٠
•	٠	٠	٠	۰	٠	•	٠	۰	۰	٠	۰	٠	٠	٠	٠	۰	•	٠	٠	٠	٠	٠	٠	0	٠	٠
• • • • • • •																										
AC	HIE	/EM	ENT	NO	. 4												DAT	E								
AC	HIE\	/EM	ENT	NO	. 4			0									DAT	E .	٠					٠		
AC	HIE\	/EM	ENT	NO	. 4		•	0							•		DAT	E .					٠			
AC	HIE\	/EM	ENT .	NO .	. 4												DAT .	E	0		0	0				
AC	HIE\	/EM	ENT	NO	. 4												DAT	E						•		
•	•	•	ENT	•			•		•							•	DAT									
•	•	•		•												•										
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AC					. 5													E								
AC					. 5													E								
AC					. 5													E								
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## Looking Back at the Year

Did you embody the vision and theme you set for yourself at the beginning of this year?
What accomplishment are you most proud of?
What didn't go well? Were there things you wanted to do but didn't? What happened?
What was the best thing that happened this year?

### Momentum demands movement.

You have done a lot of work this past year. Your progress and commitment, no matter what the results, have helped you become a more amazing version of yourself.

Continue this practice and you'll achieve great things!

