Month	Year ———
WIGHT —	i eai —

Month ———		Year	
GOAL(S):	MONDAY	TUESDAY	WEDNESDAY
			2/0
		õ	11
TOP PRIORITIES:		CO_X	
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<u>O</u> <u>O</u>			
	6		
STRUCTURE			
THE MIND, NOURISH THE			
BODY, FEED			
THE SOUL			



"Stay consistent in the pursuit of your goals. Motivation will get you started, but discipline will keep you there." -C.

THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MOOD BOARD | BRAIN DUMP

dySouthamer 75° COPYRIGHTMA



THIS WEEK'S DATES



MANTRA OF THE WEEK:

TOP 5 PRIORTIES THIS WEEK

	101 01111111111111111111111111111111111
Priority 1:	due:
Priority 2:	due:
Priority 3:	due:
Priority 4:	due:
Priority 5:	due:
MIND BODY SOUL daily checklist	
dedicate one hour of "me time"	
move your body for 30 min	
hydrate: drink half your body weight in ounces of water	
practice daily gratitude	
personal development: read, craft, work on a new skill	

Week yat a glance

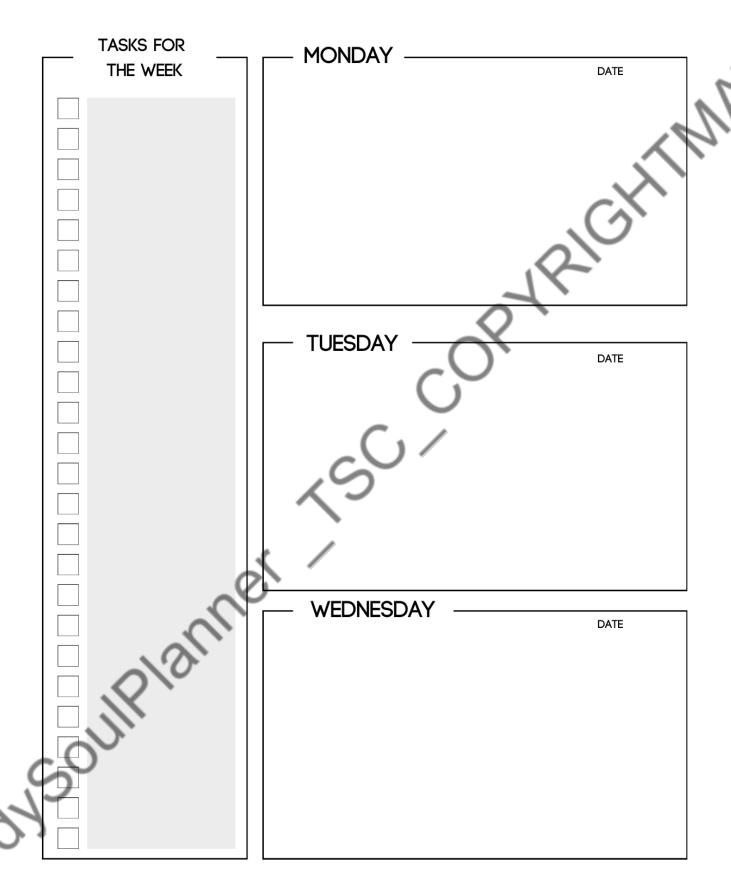
THIS WEEK'S SCHEDULE

work | appointments | events

Wind	MORNING	AFTERNOON	EVENING
MONDAY			S
TUESDAY			,2
WEDNESDAY			7,
THURSDAY		0	
FRIDAY		\mathcal{C}	
SATURDAY		-()/	
SUNDAY		5	

health & wellness | personal projects

Body & Soul	/ MORNING	AFTERNOON	EVENING
MONDAY	3/1/		
TUESDAY	O		
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



THURSDAY————	DATE
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FRIDAY—	DATE
	COX
SATURDAY	DATE
SUNDAY	
SUNDAY	DATE



CORYPAIGHTNAN DESCRIBE YOUR WEEK IN 3 WORDS:

TASKS COMPLETED

TASKS ROLLED OVER

NEW DISCOVERIES dysoull **& CHALLENGES**

GOALS ACHIEVED

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