Month	_ Year ————
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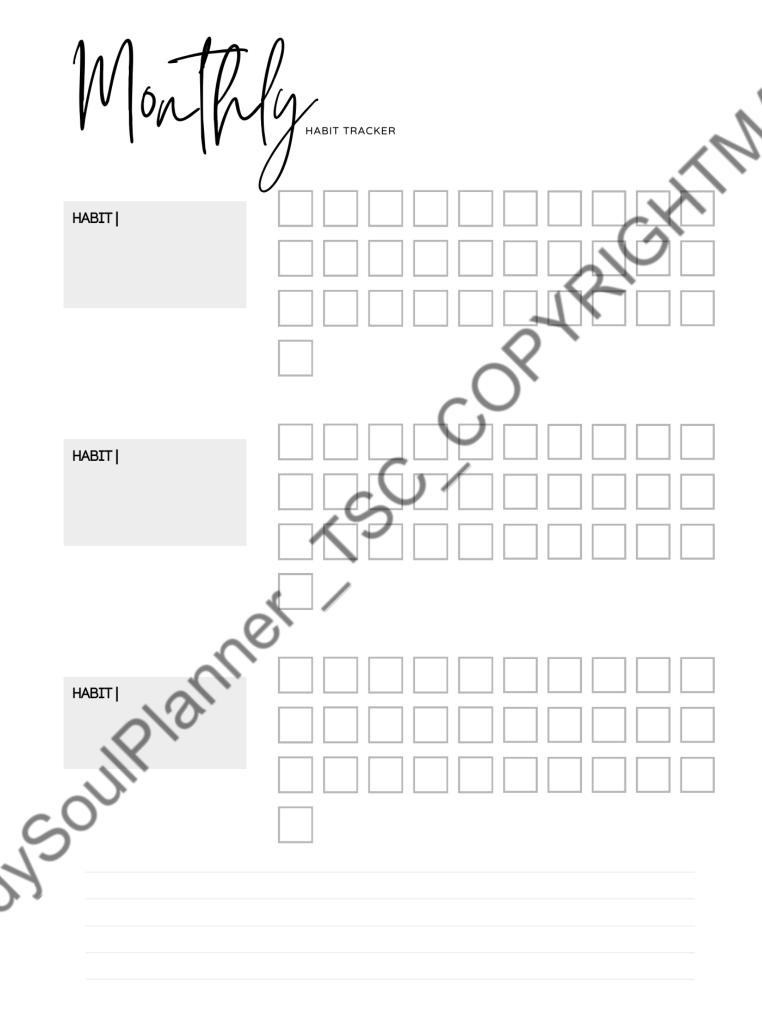
Month ———		Year	
GOAL(S):	MONDAY	TUESDAY	WEDNESDAY
			12/0
TOP PRIORITIES:		COX	
	100	5/	
<u> </u>	é /		
STRUCTURE THE MIND,			
NOURISH THE BODY, FEED THE SOUL			
PP			



"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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THIS WEEK'S DATES

MANTRA OF THE WEEK:

			TOP 5 PRIC	ORTIES THIS WEEK
	Priority 1:		08	due:
	Priority 2:	-()	/	due:
	Priority 3:	15		due:
	Priority 4:			due:
	Priority 5:			due:
	TO DO'S:			
50				
13				
2,				

Week y_{at a glance}

THIS WEEK'S SCHEDULE

work | appointments | events

Wind	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			14.
WEDNESDAY		<	2
THURSDAY		~O	
FRIDAY		0	
SATURDAY		-()/	
SUNDAY	\ \(\)	5	

health & wellness | personal projects

Sody & Soul	MORNING	AFTERNOON	EVENING
MONDAY	11,		
TUESDAY	•		
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Lailw	DAY
PRIORITIES	DAY DA
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MIND BODY SOUL checklist	AFFIRMATION OF THE DAY
dedicate one hour of "me time"	(Q)
move your body for 30 min	12
hydrate: drink half your body weight in ounces of water	2
practice daily gratitude	OX
personal development: read, craft, work on a new skill	0
C	Todays's
10	TOP 3 TASKS
what:	when:
6	
what:	when:

what: when:

today I'm grateful for...

today I'm releasing...

TODAY

5 am	2 pm
6 am	3 pm
7 am	4 pm
8 am	5 pm
9 am	6 pm
10 am	7 pm
11 am	8 pm
12 pm	9 pm
1 pm	10 pm



ANOTHER WEEK IN THE BOOKS

DESCRIBE YOUR WEEK IN 3 WORDS:

TASKS COMPLETED

TASKS ROLLED OVER

NEW DISCOVERIES & CHALLENGES

> GOALS ACHIEVED

			~(C)
			5 TK.
		$\mathcal{L}_{\mathcal{O}}$	
	<	5	
	me!		
	OLL		
SoulP			