

I Am:

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

THURSDAY	FRIDAY	SATURDAY	SUNDAY

Monthly

MOOD BOARD | BRAIN DUMP

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Monthly

HABIT TRACKER

HABIT |

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Weekly PLAN

THIS WEEK'S DATES

MANTRA OF THE WEEK :

TOP 5 PRIORTIES THIS WEEK

Priority 1:

due:

Priority 2:

due:

Priority 3:

due:

Priority 4:

due:

Priority 5:

due:

TO DO'S:

•	•	•
•	•	•
•	•	•
•	•	•
•	•	•

Weekly

at a glance

THIS WEEK'S SCHEDULE

Mind

work | appointments | events

MORNING

AFTERNOON

EVENING

	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Body & Soul

health & wellness | personal projects

MORNING

AFTERNOON

EVENING

	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Daily

PRIORITIES

DAY

DATE

MIND BODY SOUL | 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

AFFIRMATION OF THE DAY

Today's

TOP 3 TASKS

what:	when:
<input type="checkbox"/>	
what:	when:
<input type="checkbox"/>	
what:	when:
<input type="checkbox"/>	

today I'm grateful for...

today I'm releasing...

T O D A Y

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

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Weekly REVIEW

ANOTHER WEEK IN THE BOOKS

DESCRIBE YOUR WEEK IN 3 WORDS :

TASKS
COMPLETED

TASKS
ROLLED OVER

NEW
DISCOVERIES
& CHALLENGES

GOALS
ACHIEVED

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Weekly

JOURNAL ENTRY

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