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Month of: _____



This month focus	Monday	Tuesday	Wednesday
Personal	—	—	—
	—	—	—
Work	—	—	—
	—	—	—
People to see	—	—	—
	—	—	—
	—	—	—
Places to go	—	—	—
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Monthly Goals

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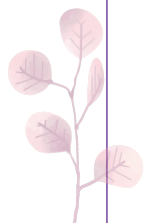


Thursday	Friday	Saturday	Sunday
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Mind Map

A large empty rectangular box for creating a mind map.





Week of: _____



Good things that happened	Monday	Tuesday	Wednesday
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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This week focus

Important dates





Date: _____



Day: _____

I'm grateful for:

I'm excited about:

Today's Affirmation

Today's Focus

Top 3 priorities

1. _____

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2. _____

3. _____

Water



Coffee / Green Tea

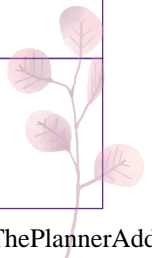


Breakfast

Dinner

Lunch

Snacks/Beverages





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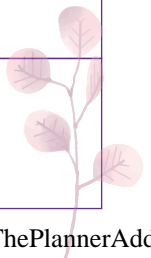


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To do list



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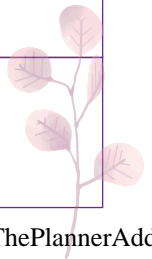


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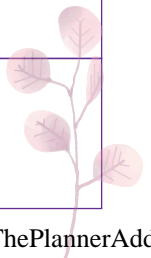


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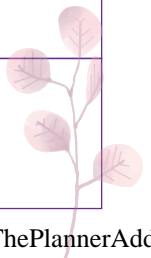


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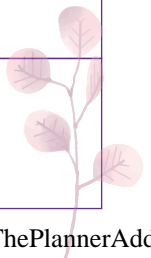


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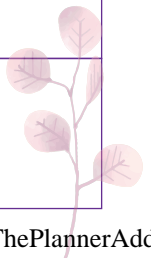


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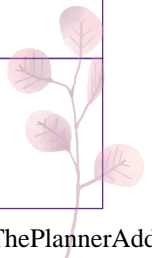


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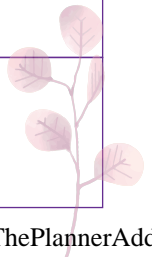


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To do list



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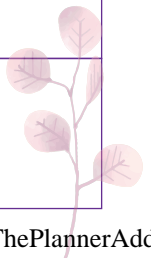


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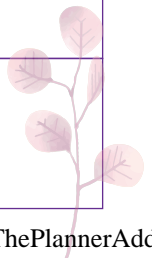


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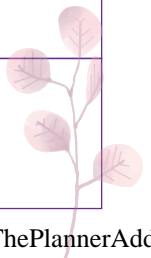


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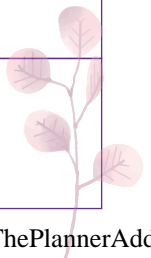


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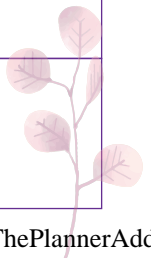


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This week focus

Important dates





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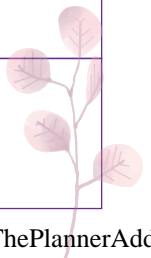


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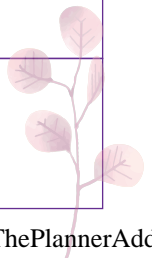


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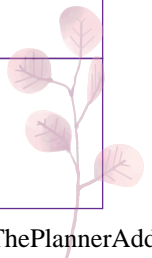


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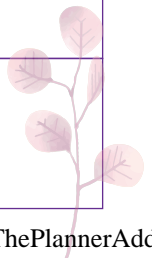


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To do list



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End of the Day review

Today's win



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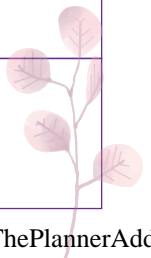


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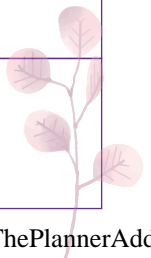


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To do list



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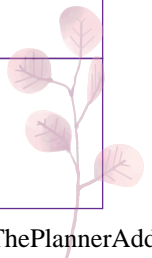


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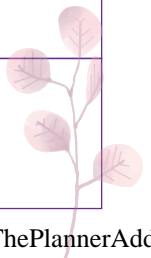


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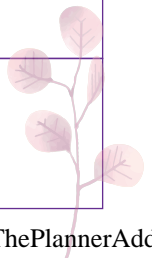


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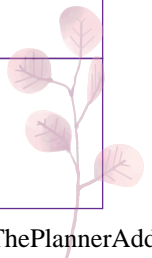


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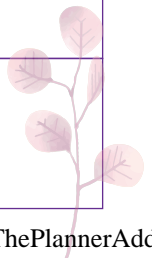


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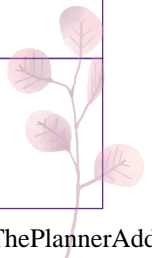


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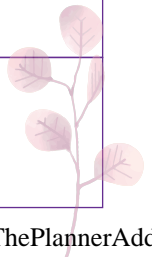


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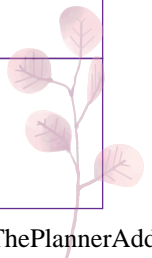


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