





This month focus	Monday	Tuesday	Wednesday
Personal	_	_	_
	_	_	
Work	_	_	_
People to see	_	_	_
	www.thepla	nneraddict.com	_
Places to go			
	_	_	
	Monthl	y Goals	
		-	
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		-	
-		-	



Thursday	Friday	Saturday	Sunday
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	www.theplanne	eraddict.com	
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Mind Map	
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Week of:	
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Good things	Monday	Tuesday	Wednesday
that happened			
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This wee	ek focus	Import	ant dates
. 46			us.



Thursday	Friday	Saturday	Sunday
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Date:	Day:
I'm grateful for:	I'm excited about:
Today's Affirmation	Today's Focus
1.	anneraddict.com
3.	
Water O O O O O	Coffee / Green Tea
Breakfast	Dinner
Lunch	Snacks/Beverages

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	End of the Day review	
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