

Before going to sleep, ponder strategies to achieve your goals, or challenges.
Upon waking, spend 5-15 minutes journaling about your insights, plans and goals.

DAY & DATE

MORNING REVIEW

I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

I'M EXCITED ABOUT

- 1 _____
- 2 _____
- 3 _____

AFFIRMATION

FOCUS

EXERCISE

1

2

3

4

5

TODAY'S PRIORITIES

SCHEDULE

- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

TASKS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

NOTES

.....

END OF DAY REVIEW

TODAY'S WINS

- 1 _____
- 2 _____
- 3 _____

HOW I'LL IMPROVE

- 1 _____

PLANNING UPCOMING WEEK

REVIEW OF LAST WEEK

DAY & DATE

BIG WINS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

HOW I'LL IMPROVE

- 1 _____
- 2 _____

THINGS I WILL DO TO MAKE THIS WEEK GREAT

PERSONAL

WORK

FAMILY / FRIENDS

RELATIONSHIP

I'M LOOKING FORWARD TO

- 1 _____
- 2 _____
- 3 _____

HABITS I'M FOCUSING ON DEVELOPING

- 1 _____
- 2 _____

LEARN SOMETHING NEW

PASSION PROJECT

PROJECTS

1

2

3

4

TOP GOALS THIS WEEK

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Before sleep, ponder your goal strategies or any challenges you've encountered.
Upon waking, journal for 5-15 minutes about any insights, plans, or goals.

MORNING REVIEW

I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

FOCUS

I'M EXCITED ABOUT

- 1 _____
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EXERCISE

AFFIRMATION

SCHEDULE

- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

TODAY'S PRIORITIES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

T A S K S	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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- 2 _____
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HOW I'LL IMPROVE

- 1 _____

NOTES

DAY & DATE

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PROJECTS

1

2









































3

4

TOP GOALS

- 1
- 2
- 3
- 4
- 5

MONTH 































SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 	 	 	 
 	 	 	 
 	 	 	 
 	 	 	 
 	 	 	 

PLAN

THIS MONTH'S GOALS	REASON WHY	DISTRACTIONS TO AVOID
1 _____ _____	1 _____ _____	1 _____ _____
2 _____ _____	2 _____ _____	2 _____ _____
3 _____ _____	3 _____ _____	3 _____ _____

FOCUS

H HABIT

THURSDAY	FRIDAY	SATURDAY	NOTES
			
			
			
			
			
			
			
			
			
			

REVIEW

THIS MONTH'S WINS

1 _____

2 _____

3 _____

WHEN WERE YOU AT YOUR BEST?

1 _____

2 _____

3 _____

INSIGHTS GAINED

1 _____

2 _____

3 _____

Before sleep, ponder your goal strategies or any challenges you've encountered.

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WEDNESDAY H

THURSDAY H

FRIDAY H

SATURDAY H

I'M GRATEFUL FOR

- 1
- 2
- 3

I'M GRATEFUL FOR

- 1
- 2
- 3

I'M GRATEFUL FOR

- 1
- 2
- 3

I'M GRATEFUL FOR

- 1
- 2
- 3

I'M EXCITED ABOUT

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- 2

I'M EXCITED ABOUT

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- 2

I'M EXCITED ABOUT

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- 2

I'M EXCITED ABOUT

- 1
- 2

PRIORITIES

- 1
- 2
- 3

PRIORITIES

- 1
- 2
- 3

PRIORITIES

- 1
- 2
- 3

PRIORITIES

- 1
- 2
- 3

SCHEDULE

- 7
- 8
- 9
- 10
- 11
- 12
- 1
- 2
- 3
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SCHEDULE

- 7
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SCHEDULE

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SCHEDULE

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TODAY'S WINS

- 1
- 2
- 3

TODAY'S WINS

- 1
- 2
- 3

TODAY'S WINS

- 1
- 2
- 3

TODAY'S WINS

- 1
- 2
- 3

HOW I'LL IMPROVE

- 1

HOW I'LL IMPROVE

- 1

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- 1

HOW I'LL IMPROVE

- 1

JOURNALING — REFLECTION — CREATIVITY

A large grid of small dots for journaling or reflection.

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- 1 _____
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3

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TOP GOALS

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- 4 _____
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MONTH

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PLAN

THIS MONTH'S GOALS	REASON WHY	DISTRACTIONS TO AVOID
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
_____	_____	_____

